

# CRYSTAL HEALING & CHAKRA REFERENCE CHART

## CRONON

"I grow!"  
Located at the top of the head, it gives us access to higher states of consciousness as we open to what is beyond our personal preoccupations & fears. The chakra is driven by consciousness & gets us in touch with the universe.

## THIRD EYE

"I see!"  
The Third Eye Chakra is located in your forehead between your eyes. This chakra allows you to focus & see the big picture in life. It is your center of intuition, wisdom & capability to think & make rational decisions.

## THROAT

"I speak!"  
Located in your throat, it includes your neck, throat, thyroid glands, jaw, mouth & tongue. Focuses on your ability to communicate & express yourself. Associated with self-expression, speaking your truth, & knowing your purpose in life.

## HEART

"I love!"  
The heart chakra is located in the center of your chest, just above your heart. This chakra is our source of love & compassion & gives us the ability to feel joy & inner peace. The heart chakra is associated with the cardiac system & lungs.

## SOLAR PLEXUS

"I do!"  
Located in the upper abdominal area. Focuses on personal power & ability to remain confident & in control of life. Associated with your digestive system, which provides energy to your body & fuels your metabolism.

## SACRAL

"I feel!"  
Located within your lower abdomen, just below your navel. It represents your sense of abundance, well-being, creativity, sensuality & pleasure. This resides in your sense of control within your body & how you find balance in your life.

## ROOT

"I am!"  
Located at the base of your spine by your tailbone. The grounding chakra is associated with your sense of security & stability & connects to your body & earth.



**AMETHYST:** Boosts production of hormones & tunes the endocrine system & metabolism.

Excellent cleanser for the blood. Strengthens circulatory system. Clears headaches & releases tension. Reduces bruising, injuries & swelling. Treats insomnia & brings useful drugs. Overcomes addiction. Guards against psychic attack transmitting the energy to love.



**BLUE CALCITE:**

A gentle stone for reorganization & relaxation. It cleanses the organs of elimination. It removes stagnant energy. Fortifies the immune system & can encourage growth in small children. Linked to the higher consciousness that facilitates the opening of higher awareness and psychic abilities and channeling.



**BLUE LACE AGATE:**

A very cooling & calming stone, endowing us with a sense of peace and tranquility. Strengthens & accelerates the repair of damaged thyroid glands. Treats & lymph infections. It soothes red, sore eyes & any skin problems associated with redness & irritation. Assists with verbal expression of thoughts & feelings.



**AMAZONITE:**

Opens the third eye & intuition, & the heart & allows us to see an inner being connecting to our spiritual and metaphysical, truth seeing, muscle spasms & calcium problems. Filters electromagnetic pollution. Soothes emotional trauma, allowing us to see & feel. Balances the masculine & feminine energies. Acts in manufacturing universal love.



**CITRINE:** Energizes & recharges. Beneficial for CFS & restores degenerative diseases. Stimulates digestion, the spleen & pancreas. Fights infections in the kidney & the bladder, helps eye problems, restores blood circulation, dissolves the blood, activates the thymus, & balances the thyroid. Relieves constipation, menstrual problems & menopausal symptoms.



**JASPER:** Powerful cleanser & healer.

Rebuilds the body with stability & has the power to draw illness out of the body. Acts as a magnet and it draws the body to a balance & heal itself. It treats stomach, spleen, kidneys, bladder, liver, gallbladder & joint problems. Strengthens the mucous membranes. Spiritually it promotes strength & brings wisdom.



**ARAGONITE:** It warms the extremities, builds energy, and it connects through the body.

Strengthens the immune system & regulates processes that are preventing the feet. It heals bones, aids calcium absorption & restores elasticity to discs. It also relieves pain. It stays with antibodies & muscle systems. Useful to ground flaky people into their body.



**CLEAR QUARTZ:** Known as the "master healer". Amplifies energy & thought. It absorbs, stores, releases & regulates energy. Draws a self-renewing energy of love, neutralizing background radiation. Treats sore, pain, arthritis, asthma, diabetes, fibromyalgia, leg cramps, menstrual cramps, metabolism, muscle spasms, ulcers.



**FLUORITE:** Benefits teeth, nails & bones & repairs DNA damage.

Regenerates the skin & mucus membranes, particularly in the respiratory tract, & heals ulcers & wounds. Dissolves adhesions & mobilizes joints. Alleviates arthritis, inflammation, & spinal injuries. Stimulates neural fibers. Powerful against viruses. Heals the skin & removes wrinkles & wrinkles.



**LAPIS LAZULI:** It balances & opens both the throat chakra & the third eye. Alleviates pain, especially that of migraine headaches, & insomnia. Overcomes depression & vertigo. It opens the heart, the respiratory & immune system & the throat, thymus, & thyroid. Cleanses organs, bone marrow, thymus, & the immune system. Purifies blood.



**AVENTURINE:** Benefits the thyroid gland, connective tissue & the immune system. It balances blood pressure & stimulates metabolism, lowering cholesterol & preventing arteriosclerosis & heart attacks. It has an anti-inflammatory effect & helps ease skin eruptions & allergies, reduce eye strain headaches, & soothes the eyes.



**TIGER'S EYE:** Opens the nasal, solar plexus & the third eye chakras. Treats the eyes & with night vision, heal the throat & reproductive organs, & dissolves constipation. It helps, relief from ulcers. Particularly it allows us to digest & lift ourselves above in accomplishing goals, recognizing our resources, & promoting clarity of intention.



**CARNELIAN:** Full of the life force & vitality. It influences the female reproductive system & increases fertility. It stimulates the antibodies. Overcomes fatigue, impotence, female lower back problems, inflammation, arthritis, neuritis & depression, especially in those of advanced years. Improves the absorption of vitamins & minerals.



**BLOODSTONE:** Immediately warms your extremities & it energizes at the same time & setting a sense of grounded well-being that can carry you forward in confidence. A stone of integrity with a reputation for drawing us out in the physical world. Long been recognized as a blood purifier & detoxifier.



**SELENITE:** Opens the crown & third eye chakras. It guards against epileptic seizures. Aligns the spinal column & promotes flexibility. Neurologically energizing, promoting from dorsal migration & reverses the effects of free radicals. Excellent for breastfeeding & nurturing a child. Provides deep healing for the nervous. Extremely calming, instilling deep peace.



**AJSRITE:** Heals kidney, gallbladder, & liver problems. It tones the spleen, thyroid, lungs, teeth, & skin & aids detoxification. Treats throat problems, arthritis & joint problems aligns the spine, & works at a cellular level to restore any leakage or damage to the brain. Encourages the development of the embryo in the womb. Clears stress, worry, grief & sadness.



**CHRYSOCOLLA:** Treats arthritis, bone disease, muscle spasms, digestive tract, ulcers, blood disorders, lung problems, PMS & menstrual cramps. It dissolves plaque, cleanses the blood, & the cellular structure of the lungs. Regenerates the pancreas. Regularly inhaled. Heals infections, especially in the throat and tonsils.



**ROSE QUARTZ:** Strengthens the physical heart & the emotional heart. It relieves impurities from body fluids. Aids chest and lung problems. Heals the kidneys & the adrenals & alleviates vertigo. Increases fertility. Soothes burns & stings. It soothes the complexion. Helpful in Alzheimer's, Parkinson's & under dentures.



**PYRITE:** Can be used in treatment of heart & in the healing of cell formation. It treats lung disorders & bronchitis & has been used to reduce swelling and fever. Aids in the treatment of infective diseases, while also acting as a natural antibiotic for the connective tissue. It also stimulates the adrenal & enhances memory. Assists one in seeing behind facades.



**SUNSTONE:** Opens the second & solar plexus. Stimulates self-healing powers, regulates the hormones of the thyroid. Treats chronic sore throats & relieves constipation problems, inflammation, stomach ulcers, & general aches & pains. Especially good for seasonal affective disorder. Lifts any depression. Removes inhibition.



**OBSIDIAN:** Truth enhancing. Balances the emotional systems. Aids the absorption of anything that is hard to accept & promotes physical digestion. Treats disorders of the nose & the skeletal structure. Improves circulation & offsets imbalances & spasms. Relieves joint pain & treats the hardening of the arteries.



**LARRADORITE:** Treats disorders of the eye & brain, colitis, gout, & rheumatism. Balances hormones & relieves menstrual tension, stress, lowers blood pressure, & regulates metabolism. Calms the overactive mind & energizes the imagination, bringing up new ideas. Banishes fears. Solution for the night vision, & balanced analysis & rationality.



**MOONSTONE:** Aids the digestive system, assists later nutrients, stimulates tissues & fluid retention, & alleviates degenerative conditions of skin, hair, eyes, liver & pancreas. It stimulates the pineal gland & balances hormones of cycles, excellent for PMS, conception, pregnancy, childbirth, & breast-feeding. It is also beneficial to men in opening the emotional self.



**SODALITE:** Opens the third eye & throat chakras. Cools fevers & lowers blood pressure. Balances the metabolism, overcomes calcium deficiencies, & cleanses the lymphatic system & organs. Boosts the immune system. Combats radiation damage & insomnia. Treats the throat, vocal cords, & larynx & is helpful for heartburn & digestive disorders.



**RHODOCHROSITE:** Acts as an instant filter & relieves sinusitis & respiratory problems. Purifies the respiratory system & kidneys & restores poor eyesight. Normalizes blood pressure & stabilizes the heartbeat. It invigorates the sexual organs. As it dilates blood vessels, it relieves migraines. Improves the skin & balances the thyroid.



**TURQUOISE:** Opens the heart, throat & third eye chakras. Aids absorption of nutrients. Enhances the immune system. Stimulates the regeneration of tissue. Has anti-inflammatory & detoxifying effects on the eyes, & pain, flu-like lungs, ulcers, oral ulcers, & heals the eyes. Benefits rheumatism, gout, stomach problems, & viral infections.



**TANGERINE QUARTZ:** Stimulates the flow of creative energy. Good to use after shock or trauma, as the eye, as the eye. Can be used for real emotional & integration. It is used after psychic attack. Can be used in post-life healing & is beneficial when the soul feels it has made a mistake for which it must pay. The soul learns to find the gift in the experience.



**JOURNALINE:** Enhances energy flow & is known as Blacklight.

Block electromagnetic, strong cell phone, radiation, & negative energies of all kinds. Increases physical ability, sleep, and tension & stress. Supports immune system. Treats myalgia & arthritis, provides pain relief, & realigns the spinal column.

# Crystals Guide To Mind Body And Spirit

**Philip Permutt**



## **Crystals Guide To Mind Body And Spirit:**

**The Complete Guide to Crystal Chakra Balancing for Spiritual Journeyers** Nicholas Creighton, Embark on a transformative spiritual journey with *The Complete Guide to Crystal Chakra Balancing for Spiritual Journeyers* This comprehensive guide provides everything you need to know about using crystals to balance your chakras and elevate your spiritual practice Perfect for beginners and experienced practitioners alike this book offers practical techniques detailed insights and step by step instructions to help you achieve harmony and holistic well being Discover the unique properties of various crystals and learn how to use them to align your energy centers release blockages and promote physical emotional and spiritual wellness With clear guidance and beautiful illustrations you ll find it easy to integrate crystal chakra balancing into your daily life Inside this book you will find Chakra Fundamentals An introduction to the seven main chakras and their significance in your health and well being Crystal Profiles Detailed descriptions of the best crystals for each chakra including their healing properties and how to use them Balancing Techniques Step by step instructions for using crystals in meditation energy healing and chakra alignment Holistic Practices Tips on combining crystal healing with other spiritual practices such as yoga meditation and affirmations Practical Advice Guidance on selecting cleansing and charging your crystals to maximize their healing potential *The Complete Guide to Crystal Chakra Balancing* is your ultimate resource for harnessing the power of crystals to achieve balance harmony and spiritual growth Start your journey to optimal wellness today

**The Ultimate Guide to Crystals** Rachel Hancock,2022-09-06 *The Ultimate Guide to Crystals* is a comprehensive beginner s guide to understanding and working with the stones The crystal curious will find an introduction to all of the key crystal applications and concepts including How to use crystals with other practices such as feng shui meditation and reiki Crystal correspondences such as color and which stones should and should not be used together How to use crystals in ritual gridwork and in crystal remedies Crystal practitioners will learn the science as well as the art of crystals including crystal lattice systems MOH hardness scales high and low vibration crystals and energetic concepts such as entrainment and how to use intention to work and manifest with your crystals The book also includes profiles and meanings for the 100 stones every crystal practitioner should know and work with Written by crystal influencer LovingThyselfRocks and featuring beautiful photography and stunning images of the stones *The Ultimate Guide to Crystals* will become your go to crystal resource *The Ultimate Guide to series* offers comprehensive beginner s guides to discovering a range of mind body spirit topics including tarot divination numerology witchcraft chakras aromatherapy and more Filled with beautiful illustrations and designed to give easy access to the information you re looking for each of these references provides simple to follow expert guidance as you learn and master your practice

**The Essential Guide to Crystals** Golnaz Alibagi,2023-09-12 Golnaz gently mentors readers through the qualities of each stone Her practical suggestions will help nurture and encourage any budding crystal guru to success Spirit and Destiny Whether you want to wow your boss meet your soulmate develop self confidence or keep

calm in a crisis The Essential Guide to Crystals will show you how to do all this and more for a happier healthier life With so many beautiful and powerful gems to choose from it can be difficult to know which one is best for your current situation Golnaz Alibagi makes choosing the correct crystal easy by organising gems by benefit with chapters on home work love friendship abundance and wellbeing Handy crystal cocktails and gem scriptions show you how to combine the crystals to maximise their healing power and each chapter features a power crystal with an in depth look at this crystal s properties including links to the chakras astrology and the planets Golnaz s easy to follow practical suggestions will help you to work with crystals to change every aspect of your life for the better

**Spirit Crystals** Jenny C. Bell,2025-07-08 Through a series of meditations you will meet your Spirit Crystal one of six quartzes that are waiting to heal and enlighten you Like your animal guide and guardian angel your Spirit Crystal is ready to lead you through spiritual evolution Build a relationship with this sacred stone and learn how to hear its insight Access potent healing techniques as well as life changing wisdom from ancient lands such as Atlantis and Lemuria With more than forty hands on practices such as meditations rituals and journal prompts this book helps you deepen your relationship with your Spirit Crystal and harness the combined power of six sacred stones Whether you align with prasiolite aventurine smoky quartz rose quartz clear quartz citrine or amethyst you will gain a greater understanding of yourself and your path to success

**The Ultimate Guide to Crystal Grids** Judy Hall,2017-12-26 The Ultimate Guide to Crystal Grids shows novices and seasoned crystal practitioners alike how to construct crystal grids to create heal and manifest goals and intentions Written by the world s leading crystal expert Judy Hall The Ultimate Guide to Crystal Grids outlines the specifics of constructing an effective grid how to harness the power of sacred geometry and which crystals are most effective for particular grids and purposes Perfect for the beginner or advanced grid practitioners this guide book features over 50 grids including beginner and advanced grids based on specific geometric templates so practitioners learn the foundation of grid creation You ll learn to use grids on specific topics and purposes including attracting prosperity long distance healing and protecting the home Filled with hundreds of photos and illustrations plus step by step shots this truly is the ultimate guide The Ultimate Guide to series offers comprehensive beginner s guides to discovering a range of mind body spirit topics including tarot divination numerology witchcraft chakras aromatherapy and more Filled with beautiful illustrations and designed to give easy access to the information you re looking for each of these references provides simple to follow expert guidance as you learn and master your practice

**The Modern Guide to Crystal Healing** Philip Permutt,2021-02-09 In this comprehensive guide best selling author and crystal expert Philip Permutt reveals the amazing ability of crystals to heal and energise with details of over 400 crystals and how they can help a huge range of common ailments and enhance every part of your life With crystal remedies for more than 250 common ailments and a directory of over 400 crystals as well as detailed explanations of the most effective healing methods this book is the ultimate guide to healing with crystals By drawing on the unique qualities of crystals you can balance the energy fields

around your body and home to bring wellbeing and gain health benefits Crystals can help soothe emotional problems such as anxiety mood swings and shyness as well as physical symptoms such as migraines and allergies Illustrated with colour photographs and supplemented with exercises to try *The Modern Guide to Crystal Healing* is the ultimate practical reference from a highly respected healer and teacher **The Complete Guide to Manifesting with Crystals** Marina

Costelloe,2007-06-01 Providing real life examples on how to live in a fruitful partnership with crystal energy this how to guide fully explains the power of crystals and how they can be utilized Crystals magnify the highest energy within and both the newly spiritually aware and the seasoned crystal worker can gain insight and focus into their lives when combining this energy with the suggested positive affirmations to elicit forces of attraction and confidence The book also taps into ancient and medieval cosmology to explain how crystals interact with the four elemental substances thought to constitute the physical universe earth fire water and air By applying the wealth of information and experiences the manual has to offer anything that can be visualized can also be fulfilled whether extending the journey of the soul or wishing to improving surrounding circumstances such as relationships health well being and career *Crystal Therapy* Stephanie Harrison, Tim

Harrison,2002 The New Perspectives series provides accessible introductions to a comprehensive range of mind body and spirit topics This volume focuses on crystal therapy one of the oldest forms of healing Based on the authors experiences as teachers and healers this book explains crystal therapy how it works and the various types of crystal healing as well as offering the reader clear practical advice on working with crystals at home *American Cancer Society's Guide to Complementary and Alternative Cancer Methods* American Cancer Society,2000 Helps patients and families evaluate claims for cancer cures or treatments found on the Internet and in the popular press Entries on specific methods offer review and evaluation of each method its history evidence for its claims and possible complications or dangers Entries are organized in sections on mind body and spirit methods manual healing and physical touch methods herb vitamin and mineral methods diet and nutrition and pharmacological and biological treatment methods Overview chapters discuss safety and regulatory issues and insurance coverage and give guidelines for using complementary and alternative methods Annotation copyrighted by Book News Inc Portland OR [Crystal Healing](#) Yulia Van Doren,2023-10-19 Change your energy and enhance your life

through the power of crystals This beautiful modern crystal compilation features over 100 crystals to raise your vibrations in bestseller s Goldirocks signature fresh and accessible approach to crystal healing Explore a directory of crystals and minerals and their individual properties and learn new ways to connect with their glimmering energies to improve your life Learn how to cleanse your mind body and spirit heal your home and harness the power of the rocks This practical guide will equip you with everything you need to reconnect with your spiritual self *Crystal Healing* is the perfect companion for Yulia Van Doren s previous bestselling titles *Crystals* and *Crystallize* **Beginner Guide To Healing Crystals** Elane Riskalla,2021-02-27

There are a number of different types of crystals each filled with their own healing abilities for the mind body and soul They

re thought to promote the flow of good energy and help rid the body and mind of negative energy for physical and emotional benefits This book will guide you through a step by step approach to introducing you the fabulous world of crystals and stones You will discover the crystals meanings and crystals properties and will be able to choose your own healing stone

**Healing Properties of Crystals and Stones** Ashley Leavy,2014-05-02 By bringing a crystal into your energetic field your body will start to mimic the perfect harmony and balance found within that crystal When there is harmony in your energy field then your physical emotional mental and spiritual bodies will come into alignment allowing you to heal yourself You can pursue self healing and growth on your own but using healing crystals to help you on your journey can be a powerful and life changing experience Crystals act as a center of focus to help get you to the place in which you can become perfectly whole healthy and balanced You can also use healing crystals for releasing and removing unhealthy patterns in your life for protection for manifesting abundance or love for healing yourself and others and for so much more How Can This Book Help You With almost 400 listings this book is an extensive 160 pages but easy to use reference guide to crystals It provides you with practical tips for using crystals every day Chakra correspondences are included for each stone which is useful for healing work It contains inspirational words for your crystal journey from crystal healer and teacher Ashley Leavy There is a NEW BONUS section about the Formations of Quartz Crystals including fun descriptive illustrations It includes a FREE BONUS Crystal Journey guided meditation mp3 file to enhance your connection with crystals It includes a FREE BONUS printable Crystal Meditation Journal notes page PDF file for documenting your crystal journey meditation experiences It includes a FREE BONUS video about using crystals for meditation and for connecting with your guides There is also an extensive glossary of terms to help explain concepts and key terms to beginners **Crystal Wisdom** Andy

Baggott,Morningstar (Firm),1999 This volume offers a comprehensible guide to the healing power of crystals It details the history and modern use of crystals as well as the theories behind their use in healing Practical instructions are given on harnessing the power of crystals for healing adults children and animals Chapters cover the history of crystals colour sound vibrational healing chakras magic and tips on combining gem crystal and flower essences **A Guide to Crystals** Jennie

Harding,Parragon, Incorporated,2002-06 **Crystal Clarity** BEAU JAMES. THOMAS,2025-01-24 Crystal Clarity Aligning Mind Body and Spirit with Gemstones offers a transformative guide to the world of crystals and their profound impact on energy healing and personal growth This book explores the ancient history and timeless wisdom behind gemstones revealing how their unique vibrations can enhance physical emotional and spiritual well being From understanding how crystals work to selecting cleansing and programming them for specific intentions this book provides practical tools for integrating gemstones into your daily life Learn to balance your chakras create sacred spaces and use crystal grids for transformation Discover how gemstones can aid in emotional healing physical recovery creativity and manifestation while shielding against negative energies Whether you re seeking harmony in relationships prosperity restful sleep or a deeper connection to your

inner self Crystal Clarity serves as a comprehensive resource for using crystals to align mind body and spirit Perfect for beginners and seasoned practitioners alike this book empowers readers to harness the natural power of gemstones and live a life of clarity balance and purpose [Crystal Journey](#) JaneAnn Dow,1994 **Parapsychology, New Age, and the Occult**,1993 *Crystal Chakra Healing* Philip Permutt,2015-03-07 Working with crystals and the body s seven chakras or natural energy points is one of the most powerful and ancient healing practices Crystals are natural energy boosters which protect us by detoxifying our physical emotional and spiritual systems from stress promoting well being and serenity This book explains exactly how to use a crystal pendulum to diagnose the health of a chakra and how to use a wealth of healing techniques to gently re balance energy There are in depth sections on each chakra with checklists of symptoms plus profiles of over 100 amazing crystals you can find easily and use for healing With everything you need to know about crystals plus charts photographs and step by step illustrations exercises and case studies *The Complete Guide to Crystal Chakra Healing* will guide you towards better health and ultimately a calmer happier life [Crystals for Healing](#) Karen Frazier,2015-11-18 Unlock the healing power of crystals with detailed crystal profiles and more than 200 crystal healing remedies The resonating energies of crystals have long been believed to hold the secrets to healing well being and success With *Crystals for Healing* beginners and seasoned healers can address more than 90 of the most common states people struggle with or aspire to achieve including Anxiety Courage Grief Inspiration Emotional Balance Love Worry and Dozens More From agate to zoisite this comprehensive crystal bible explores a multitude of stones their unique healing properties the influence of color and each corresponding chakra It also provides guidelines for creating grids to further harness the positive energy of crystals and gemstones With daily meditations and mantras *Crystals for Healing* offers a truly holistic approach to healing and unearthing the deep connection between mind body and spirit Create positive change and open yourself to a more fulfilling life through crystals and crystal healing *Crystal Visions* Roxayne Veasey,1997 *Crystal Visions* is a powerful guide book for anyone who loves crystals and has an interest in their healing vibrations One of the wonderful things about this book is that it has color photographs of each healing stone The physical properties and healing properties of each stone are described in clear comprehensive language Contained within this book as well is a convenient cross reference that associates specific body parts and diseases with the crystals that positively affect them

## **Crystals Guide To Mind Body And Spirit** Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Crystals Guide To Mind Body And Spirit**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

<https://www.cruiselady.com/public/scholarship/default.aspx/avery%20memorial%20wadsworth%20atheneum%20the%20first%20modern%20museum.pdf>

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### **Crystals Guide To Mind Body And Spirit Introduction**

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