

7 Chakra Colors and Gemstones – A Guide to the Chakras from Mountain Valley Center.com

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COLOR (location)	LIFE EXPERIENCE (Element)	GEMSTONES	QUALITIES
1 st CHAKRA RED/BROWN (base of spine)	Connection with earth, physical substance and physical energy (Earth)	Smoky Quartz, Red Jasper, Garnet, Red Tiger's eye	Protection, safety, and grounding, inspires romantic love, passion, positive thoughts, inspiration, career success and self-confidence. Helps us to become more productive and achievement-oriented.
2 nd CHAKRA ORANGE (pelvic area)	Physical desires and energy (Water)	Carnelian. Coral	Emotional warmth, sociability, creativity, memory, appreciation of nature, harmony, courage, happiness, self-esteem. This stone calms our fears.
3 rd CHAKRA YELLOW (solar plexus)	Emotional happiness & worldly success (Fire)	Citrine, Yellow Quartz, Gold Tiger's Eye	Augments happiness, prosperity, generosity, creativity, pleasure, protection, strength, alignment, confidence, stability, moderation, energy, comfort, career success, truth, goodness, warmth, digestion, assimilation, enjoyment of life and spiritual growth. This is a stone of success in all walks of life.
4 th CHAKRA GREEN (heart)	Center of Love, balance and healing (Air)	Green Aventurine, Jade, Peridot,	Healing of mind and body, enhances creativity, imagination, prosperity, calmness, balance and universal love. It helps us to see alternatives and potentials. Green aventurine is especially healing of mind and body.
5 th CHAKRA BLUE (throat)	Ability to speak openly and lovingly (Ether/Space)	Sodalite. Blue Lace Agate, Blue Topaz	Fosters love, abundance, wealth, good luck, longevity, acceptance, courage, communication, strength, security. Very calming and soothing to emotions.
6 th CHAKRA VIOLET (brow)	Ability to see clearly and understand all things	Amethyst	Inner peace, healing, positive transformation, spiritual awareness, meditation and balance. Amethyst is a teacher of all things. This stone is very healing of body, mind and soul.
7 th CHAKRA WHITE (crown)	Pure energy of the Universe	Quartz	This stone helps us get in touch with the hidden, invisible within and without, help us develop deep wisdom from within.
PINK (Total Being)	Pink combines red of earth and white of spirit, bringing total balance, harmony, health	Rose Quartz	This stone helps heal emotional pain, enhances love, self-love, positive outlook, joy and happiness.