

THE CHAKRA SYSTEM

Seven primary chakras align to store your body's invisible points of energy. Keeping them balanced is an important factor in maintaining optimal health — physically, mentally and spiritually. In Sanskrit *chakra* means wheel. You can think of your chakras as spinning wheels of energy.

Crystals, like your chakras, are bundles of energy and of course emit a myriad of colors, which is in part why they are often associated with balancing and supporting your chakra system.

Here are a few points of interest regarding these vital chakra energy centers.

CROWN CHAKRA *Sahasrara*

The thousand petal lotus is the crown chakra, located at the top of the head, connecting to our spirituality.

Gemstones resonating with the Crown include Amethyst, Tanzanite, Charoite, Clear Quartz, Rutilated Quartz, and Selenite.

THROAT CHAKRA *Vishuddha*

The throat chakra, you can guess the location, helps us with communication and expressing our own highest truth.

Gemstones resonating with the throat chakra include Amazonite, Aquamarine, Blue Lace Agate, Angelite, and Turquoise.

SOLAR PLEXUS CHAKRA *Manipura*

The solar plexus chakra, located just above the naval and is your source of personal power. Gemstones resonating with the solar plexus chakra include Citrine, Amber, Golden Topaz, Mookaite and Tiger's Eye.

ROOT CHAKRA *Muladhara*

The root chakra, located at the base of your spine, is the foundation for stability and security.

Gemstones resonating with the root chakra include Garnet, Onyx, Bloodstone, Jasper, Jet, and Carnelian.

3RD EYE CHAKRA *Ajna*

The third eye chakra, located between the brows, is the path to heightened awareness, intuition and universal consciousness.

Gemstones resonating with the third eye chakra include Amethyst, Labradorite, Iolite, Purple Fluorite, Sodalite and Kyanite.

HEART CHAKRA *Anahata*

The heart chakra, is the center of compassion, love, empathy and connection.

Gemstones resonating with the heart chakra include Prehnite, Jade, Rose Quartz and Malachite.

SACRAL CHAKRA *Svadhithana*

The sacral chakra, is the just below the naval and is the center of creativity and sexual energy. Gemstones resonating with the sacral chakra include Carnelian, Orange Moonstone, Amber, Sunstone and Tangerine Quartz.

