



ASCEND
Healing Arts + Mystical Gifts

Basic Chakra Chart

Seventh Chakra- Crown

Unity, wisdom, awareness, intelligence, understanding.

Clear Quartz, Diamond, Herkimer Diamond, white calcite.

Sixth Chakra- Third Eye

Vision, Intuition, insight, perception clairvoyance.

Amethyst, lapis, sugalite, purple fluorite, iolite, clear quartz, lapidolite, tanzanite.

Fifth Chakra- Throat

Truth, Purpose, expression, artistic, service, communication.

Lapis, sodalite, turquoise, angelite, blue lace agate.

Fourth Chakra- Heart

Love, trust, healing, compassion.

Jade, rose quartz, malachite, green aventurine, green tourmaline.

Third Chakra- Solar Plexus

Power, confidence, charisma, leadership, mental clarity.

Citrine, Yellow Jasper, Tigers Eye, Yellow Calcite, Topaz

Second Chakra- Sacral

Joy, creative, adaptable, intimacy.

Orange Carnelian, Citrine, Calcite, aventurine.

First Chakra- Root

Security, grounding, survival instinct, stable, loyalty, Patient, Successful.

Coral, garnet, jasper, ruby, bloodstone, red tigers eye, red carnelian.

