



## CHAKRA JEWELRY HEALING PROPERTIES

**Smokey Quartz:** (Root Chakra / solar plexus) transmutes negative energy into positive energy. Relieves stress, depression and negative emotions. Promotes courage, communication, concentration, inner strength, positive thoughts and calmness.



**Hematite:** (Root Chakra)

Protective stone, helps you stay grounded, absorbs negative energy when stressed/ worried, transmutes negative energy into positive vibrations. Stimulates concentration and focus. Enhances memory and creativity.



**Pyrite:** (Root/ Solar plexus chakra)

Protective stone that shields from all kinds of negative energy. Enhances memory, stimulates intellect. Promotes good physical health, mental and emotional wellbeing.



**Carnelian:** (Sacral Chakra)

Promotes motivation, vitality, courage, confidence and positive life choices. Stimulates creativity, physical drive and drive for success



**Citrine:** (Solar plexus chakra)

Known as the "Happy stone" it shields against negative energy. Enhances warmth, positivity, success, prosperity, abundance, self-confidence, strength, and creativity.



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**Rose Quartz:** (Heart Chakra)

Known as the "Love Stone" is a calming stone that promotes deep inner healing, determination, commitment, caring, a strong sense of self-worth, opens the heart to love allowing you to give love and receive love. It provides inner peace, it is also a stone of beauty and youth.



**Green Aventurine:** (Heart Chakra)

All around healing stone, releases negative energy and energetic blocks. Promotes creativity, balance, calmness, prosperity, perception, intelligence, career success, opportunity, good luck and abundance.



**Sodalite:** (Throat/ 3rd eye chakra)

The stone of truth, increases positivity, perception, intuition, clarity, promotes optimism, clarity, communication, logic, emotional balance, rationality, intelligence, efficiency and creativity.



**Lapis Lazuli:** (3rd eye/ Throat Chakra)

A protection stone, increases intuition promotes peace, harmony, self-confidence, clarity, creativity, honesty, verbal expression, wisdom, learning, inner truth and inner power.



**Amethyst:** (Crown/ 3rd eye chakra)

A calming stone Known as the "All- Healer". Promotes love, sobriety, wisdom, creativity, good luck, and protection from negative energy. Assist's with insomnia and headaches.



**Clear Quartz:** (Crown)

A healing stone known as the "Master Healer". It Amplifies, absorbs, stores and releases energy. It draws off negative energy Of all kinds. Promotes, calmness, mental clarity, energy. Provides emotional, mental, physical, and spiritual balance. harmonizes all chakras. Stimulates the immune

