



## CRYSTALS AND HERBS FOR THE CHAKRAS

Chakra	Gemstones / Crystals / HBs
<p><b>Root (Base) Chakra 1<sup>st</sup> Chakra</b>            Base of spine (tip of coccyx), perineum            Glands: Adrenals (especially medulla), prostate            Blood cells, muscle, legs, rectum, feet, immune system, skin, joints, male reproductive organs, lower back            Element: Earth            Sense: Smell            Colour: Red</p>	<p><b>Keyword: Basic Trust</b>            Red, black, brown, grey stones  <i>Gemstones used for: Protection, grounding, stability, will power, security, fear</i>            Gemstones: petrified wood, black obsidian, black tourmaline, jet, volcanic lava, garnet, smoky quartz, red jasper, hematite, bloodstone            Flower Essences: purple loostrife, poppy, St John's wort, red chrysanthemum, anemone            Musical Note: C            Herbs: roots: dandelion root, burdock root, ginger Root, Cloves, Clover, ashwagandha, rosemary, cayenne, pepper, paprika, chives, horseradish, sage, garlic, frankincense, oatstraw, chaga. Any red / dark brown spice / food, earthy taste or grounding quality.            Possible HBs: E: Emotional Stress, S: Serena, D: Dynama, First Aid, T: Tiredness, Orchitis, Psora, S: Skin, J: Joints, B: Blood &amp; Circulation, V: Varicose Veins, I: Immune, Spasma (Muscle), K: Kidney (prostate)</p>
<p><b>Sacral Chakra – 2<sup>nd</sup> Chakra</b>            Lower abdomen / navel            Glands: Ovaries, testes            Bladder, hips, kidneys, large intestine / colon, uterus            Element: Water            Sense: Taste            Colour: Orange</p>	<p><b>Keyword: Sexuality and creativity</b>            Creativity, cleansing, intuition, sexuality, reproduction, emotion  <i>Orange, peach and light brown stones</i>            Gemstones: amber, orange calcite, Carnelian, Imperial topaz, Tiger's eye, Fire opal            Flower Essences: calendula, squash, arum lily, poppy            Bach Flower Essences: Crab Apple (Purification), Mimulus (Courage &amp; Resolve), Rock Water (Discipline &amp; Strength)            Musical Note: D            Herbs: cinnamon, coriander, calendula, fennel, gardenia, vanilla, liquorice, sweet paprika, sesame seeds, caraway seeds, hibiscus, rose hips, saffron, ginger, yarrow            Possible HBs: U: Urine &amp; Oedema, F &amp; F+: Female Hormonal balancer, G: Glandular, Orchitis, K: Kidney, P: Pancreas (kidney &amp; bladder support), G: Gastrointestinal</p>
<p><b>Solar Plexus - 3<sup>rd</sup> Chakra</b>            Mid abdomen (over the solar/ celiac plexus)            Glands: pancreas (poss. adrenal cortex)            Liver, gallbladder, small intestine, stomach            Element: Fire            Sense: Sight            Colour: Yellow</p>	<p><b>Keyword: Confidence</b>            Yellow, gold and chartreuse stones  <i>Ambition, intellect, personal power, protection</i>            Gemstones: Yellow topaz, Golden quartz, Yellow sapphire, Pyrite, Gold, Citrine, Amber, Yellow jasper, Golden calcite, Gold tiger eye            Flower essences: buttercup, dandelion, garlic, luffa flower, rose of Sharan, evening primrose, daffodil, yellow foxglove            Bach Flower Remedies: Hornbeam (Motivation &amp; Drive), Impatiens (Patience), Larch (Self Awareness)            Musical Note: E            Herbs: chamomile, lemongrass, milk thistle, saffron, sandalwood, rosemary, cinnamon, marshmallow, mints, ginger, melissa (lemon balm), turmeric, cumin, fennel, celery            Possible HBs: D: Digestion, G: Gastrointestinal, P: Pancreas, L: Liver, D: Dynama (pancreas support), Nutria</p>
<p><b>Heart Chakra – 4<sup>th</sup> Chakra</b>            Xyphoid process / centre of chest            Gland: Thymus            Heart, lungs, armpits, arms, blood vessels, breasts, hands, wrists, lymphatic system, shoulders            Element: Air            Sense: Touch            Colour: Green (or pink for more enlightened people)</p>	<p><b>Keyword: Love and Healing</b>  <i>Love, compassion, emotions, balance, universal consciousness</i>            Green and pink stones            Gemstones: green aventurine, Malachite, Jade, Emerald, Rose quartz, Pink tourmaline, Watermelon tourmaline,            Flower essences: deep secret flower, peace rose, bleeding heart flower, lavender, sunflower, nicotiana (breath of life), hawthorn            Bach Flower Essences: Holly (Universal Love), Honeysuckle (Let Go of the Past), Willow (Self Responsibility &amp; Forgiveness)            Musical Note: F            Herbs: rose, sage, thyme, green tea, motherwort, rooibos, marjoram, basil, angelica, parsley, coriander, thyme, sage, basil, marjoram, lavender, jasmine, hawthorn berries, cayenne</p>

	Possible HBs: H: Heart & Circulation, R: Respiratory / lungs, Pleura: Deep Lungs, B: Blood & Lymph, Z: Zest, S: Serena
<b>Throat – 5<sup>th</sup> Chakra</b> Glands: Thyroid, parathyroid Cheeks, chin, ears, larynx, lips, mouth, neck, nose, pharynx, throat, tongue, upper oesophagus Element: Ether Sense: Sound, hearing Colour: Blue	<b>Keyword: Communication</b> <i>Communication, clarity, self-expression, truth</i> Light blue, blue and teal stones Gemstones: turquoise, blue lace agate, blue chalcedony, amazonite, Aquamarine, blue calcite, Flower essences: bluebell, cosmos, snapdragon. Bach Flower Essences: Agrimony (Authentic Expression), Mustard (Trusting in Self), Wild Oat (Deep Communication) Musical Note: G Herbs: lemongrass, sage, salt, red clover, peppermint, coltsfoot, self-heal, bladderwrack, slippery elm, clary sage, red clover blossom, HBs: M: Marina / thyroid tonic, G: Glandular, X: Expectorant
<b>Brow/Third Eye – 6<sup>th</sup> Chakra</b> Centre of forehead Gland: pituitary (centre of intuition) Organs: eyes, ears, lower back, brain (inc. medulla oblongata) sinuses, eyebrows, forehead, neurotransmitters, pineal Gland, regulation of hormone function No element or sense Colour : Indigo	<b>Keyword: Awareness</b> <i>Spiritual awareness, psychic abilities, intuition, inner wisdom</i> Indigo and purple stones Gemstones: blue apatite, Lapis lazuli, azurite, tanzanite, amethyst, sapphire, Sodalite Flower Essences: Rosa webbiana, nasturtium, petunia, nightshade, phacelia, orchid, rosemary (flower). Bach Flower Essences: cerato (Intuition), Gentian (Self Trust & Faith), Walnut (Listen to Inner Voice) Musical Note: A Herbs: eyebright, juniper, mugwort, poppy, iris, lavender, passionflower, holy basil (tulsi), lemon balm, spearmint, dill, lavender, rosemary Possible HBs: O: Ocular, C: Cerebra (brain, CNS, memory), G: Glandula (pituitary), F & F+: Female hormone balancer (pituitary support), Dynama (pituitary support), M: Marina (pituitary)A: Allergy (eyes & sinus support), C: Colds & Catarrh (sinus), R: Respiratory (eustachian tubes), Promyr (viral sinus), Q: Quiet Sleep
<b>Crown - 7<sup>th</sup> Chakra</b> Top of head Glands: hypothalamus, pineal No element or sense Colour: purple / violet	<b>Keyword: Spirituality</b> <i>Enlightenment, cosmic consciousness, universal source, energy</i> Violet gold and white/clear stones, also light pink or purple Gemstones: amethyst, clear quartz, diamond, selenite, white topaz, white agate, moonstone Flower essences: lotus flower, pimpernel, Queen Anne’s lace, rosemary flower, white rose, camelia, thistle Bach Flower Essences: Beech (Tolerance), Chestnut Bud (Lessons Learnt), White Chestnut (Meditation Aid) Musical Note: B Herbs: gotu kola, lavender, lotus, myrrh, clary sage, violets, basil, mint, bergamot, juniper Possible HBs: C: Cerebra (brain, CNS, memory), G: Glandula (pineal), M: Marina (pineal). M: Migraine

Flower & gem essences suggested by Crystal Herbs and Phytobiophysics + other sources

Crystal for grief = Apache tears

**HB Spectra:** aligns with the chakras in the body and has the ability to balance a person and ground them. The spectrum or rainbow indications are based upon the component herbs incorporating each of the seven colours of the visible spectrum. Hb Spectra combines well with chromotherapy, as well as colour, gem, flower and herbal essences. A very grounding, calming remedy.

**Rainbow Quartz** has 7 colours inside it, all the colours of the rainbow, which has the ability to support all chakras. It takes its properties from both quartz and titanium. It has a powerfully up lifting and elevating energy that can help you to harmonise and align more fully with your true self. It opens the higher chakras, particularly the tenth, eleventh & twelfth, helping to bring in higher dimensional frequencies of light so that they are readily available for use at a physical level. Its transformational energy will help you to open the heart chakra to your soul wisdom and to stay focussed in the light of your higher being.

Book Recommendation: Crystals for Beginners by Karen Frazier

Essences that I use: Crystal Herbs Chakra Essences set and their Gem Essences (200+ gem essences (can be purchased separately or in sets) [www.crystalherbs.com](http://www.crystalherbs.com)