

# Energy Properties of Chakra Stones

**Jasper:** Helps one to be grounded with the stabilizing energies of the Earth, Stabilizes the aura and has a balancing and integrating effect on the chakras. It is a stone of protection. Sometimes referred to as the “supreme nurturer” it is a reminder that we are here on this Earth not just for ourselves, but collectively to experience the joy of living.

**Calcite:** This stone is an energy amplifier and helps the body to remember its state of perfection when faced with challenges. It assists in clearing and activating the chakras, facilitating macrocosmic awareness and appreciation of the creative forces of nature.

**Citrine:** A stone of expansive qualities, citrine clears the aura, balances the yin-yang energies, opens and aligns the chakras, directing, via personal power, creativity and intelligent decisiveness, the energy necessary to enhance the physical body. Stabilizes the emotions and supports clarification of problems relating to intellectual or emotional areas.

**Aventurine:** Activates and clears the heart chakra in its green form. It is an excellent protector of the heart, balances the yin-yang energies, enhances creativity, augments the “pioneering spirit” of self.

**Rose Quartz:** Emits a cooling, calming energy that can work on all chakras to reinstate the loving, gentle forces of “self-love”. It brings calm and restores harmony, known as the “gentle stone of love” it brings peacefulness and calm to relationships too. Balances the chakras and especially balances the love emotions of the upper 4 chakras.

**Sodalite:** Helps provide the ability for logical conclusions via rational mental processes, eliminating confusion, providing for direction of purpose. It can be used to enhance truthfulness in emotions allowing you to both recognize and verbalize your true emotions.

**Amethyst:** A stone of spirituality and contentment, amethyst facilitates transmutation of lower chakra energies into the higher frequencies and is a representative of the principles of complete metamorphosis. It balances the aura, clearing it and stabilizing it, bringing strength and peace.

**Clear quartz:** Redirects stagnant energies toward a beneficial state, harmonizing and align human energies with those of the universe, making them more available to humanity. A natural harmonizer and amplifier, it enhances positive thoughts toward greater awareness of the Unity of humanity.

There are many books written on this subject and also, your own intuition will provide you will very valuable insight on using these stones personally. Trust your own guidance, get to know them and have fun.

One of the most profound resources for this information that I have found is *LOVE IS IN THE EARTH*, by Melody. Most of this information is based on her deep research and love of the crystal kingdoms.