



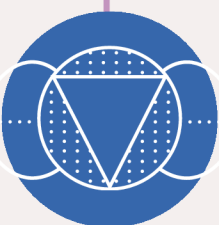
# Crystals and Chakras



I Understand

## Crown Chakra: Clear Quartz, Amethyst, Selenite

Violet and white are associated with the Crown Chakra, which is found at the top of the head. Violet and white are believed to stand for spiritual connection, higher consciousness, and enlightenment.



I See

## Third Eye Chakra: Amethyst, Lapis Lazuli, Fluorite

Indigo is associated with the Third Eye Chakra, which is in the center of the forehead. Indigo is believed to stand for intuition, spiritual awareness, and inner wisdom.



I Speak

## Throat Chakra: Blue Lace Agate, Sodalite, Aquamarine

Blue is associated with the Throat Chakra, which is in the throat area. Blue is believed to stand for communication, self-expression, and clarity.



I Love

## Heart Chakra: Rose Quartz, Green Aventurine, Rhodonite

Green is associated with the Heart Chakra that is found in the center of the chest. Green is believed to stand for love, compassion, and emotional healing.



I Do

## Solar Plexus Chakra: Citrine, Tiger's Eye, Yellow Jasper

Yellow is associated with the Solar Plexus Chakra, which is in the upper abdomen. Yellow is believed to stand for personal power, confidence, and self-esteem.



I Feel

## Sacral Chakra: Carnelian, Orange Calcite, Sunstone

Orange is associated with the Sacral Chakra, which is in the lower abdomen. Orange is believed to stand for creativity, passion, and emotional well-being.



I am

## Root Chakra: Red Jasper, Smoky Quartz, Hematite

Red is associated with the Root Chakra, which is found at the base of the spine. Red is believed to stand for grounding, stability, and physical energy.

