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## *Gemstone & Crystal Allies*

108 ways to get out of your Head and into your Heart

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If you are anything like me, Gemstones and Crystals have become a huge part of your life. Even if you are just getting started with stones, there is so much to learn and experience. This Guide gives you 108 different stones to connect you into your heart space and to the heart of the stones you are working with.

Why 108 stones? There are 108 lines of energy that flow out from your Heart Chakra to the other 6 In-Body Chakras. Because love & healing are required to balance all the other chakras, the Heart Chakra must act as the filter for the flow of energy. When we connect stones and energy in our Heart Space first, it is connected to the purest energy within our Chakra System before it flows through the rest of our bodies.

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No matter what stones you connect with, always make sure to keep them cleared and cleansed. Clearing stones of energy allows them to always be ready to work with you.

You can clear and charge your stone(s) with many different methods:

*Sunlight, Full Moonlight, Salt, Selenite, Intention, Energy*

Be aware that some stones like Amethyst and Citrine will fade in too much sunlight and other stones should never be put in Salt or Water. Make sure to research which stones are safe in each method. Find which method works for you and your practice. If none of these methods feel right to you, research other options until you find what works for you.

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This guide is broken up in several stone groups as well additional stones that may be a beautiful addition to your Gemstone and Crystal Toolkit. Each stone gives the Chakra Connection as well as a few associations. There are many other properties for each stone so please continue to research each stone that you connect with.

## *Agate:*

Agates are a gemstone meaning that they do not have a crystalline structure. It is a mixture of Chalcedony and Quartz and grows in a gorgeous mix of colors. Agates tend to grow on or within other stones. Energetically, they are very earthy and supportive.

### **Blue Lace Agate** – *Throat*

calming, loyalty, trustworthiness, dissolves old blocks

### **Botswana Agate** – *Sacral, Root*

comfort, overcoming depression and fears, viewing the big picture, hope

### **Moss Agate** – *Heart, Root*

new beginnings, “slow and steady wins the race”, patience, releases fear

### **Tree Agate** – *Root*

putting down spiritual roots, abundance, earthing

## *Calcite:*

Calcites are such an interesting stone. They are a polymorph (crystal structures) form of Calcium Carbonate. Energetically, each Calcite stone works with the Chakra Color association.

### **Blue Calcite** – *Throat, Third Eye*

Clear communication, calm, retaining information, trust in yourself

### **Green Calcite**– *Heart*

Sense of purpose, releasing buried emotions, stimulates compassion

### **Optical Calcite** – *All Chakras*

Improves energy flow, release fear-based emotions, clarity, manifesting

### **Orange Calcite** – *Sacral*

Moves creative and sexual energy through the body, new solutions to old problems

### **Yellow Calcite** – *Solar Plexus*

Self-confidence, hope, personal motivation, drive, clean emotional state

## *Jaspers:*

Jaspers are probably my second favorite stone group (Quartz is number one). Jaspers are super grounding, supportive, and earthy energy. There are so many versions of Jasper that they say you can find every landscape in the world within the different swirls, spots, and coloring of Jaspers. I feel the most safe and supported when I am holding a Jasper. Such lovely calming energy.

### **Bloodstone** – *Root, Heart*

Courage, acceptance of life, health protection, raises physical energy

### **Dragons Blood** – *Heart, Sacral, Root*

Courage, creative living and balance, renewal, transformation

### **Kambaba** – *Heart*

Peace, tranquility, ancient wisdom, growth, expansion, restful sleep

### **Mook or Mookaite** – *Root, Sacral, Solar Plexus*

Helps determine what to do to take the right path, personal power

### **Ocean Jasper** – *Root, Heart*

Joy, Happiness, responsibility for actions, patience, releasing patterns

### **Polychrome** – *All Chakras*

Sense of belonging, grounding, transforming life into joy

### **Red Jasper** – *Root*

Protective, justice, re-birth, personal strength and energy

### **Rhyolite** – *Heart*

Recognizing your highest potential, clears self-doubt, creativity

### **Unakite** – *Root, Heart*

Comfort, support, aligns emotional body with spiritual

## *Moonstone:*

Moonstone is a part of the Feldspar family. These gorgeous stones were once believed to be literally stones from the Moon and who doesn't love that! Connect deeply to yourself and the energies of Grandmother Moon with these beautiful stones.

**Black Moonstone** – *Root, Solar Plexus, Third Eye*

New beginnings, calms the mind, sheds light on shadows

**Peach Moonstone** – *Sacral, Heart*

Soothing emotions, tuning into yourself, self-love and acceptance

**Rainbow Moonstone** – *Third Eye, Crown*

Psychic protection, deflects negativity, align with intuition and spirit

**White Moonstone**– *Sacral, Third Eye*

Energetic shifts, unlocks freedom, community, Divine Feminine

## *Obsidian:*

Quite literally Volcanic Glass formed from the high temperatures of Molten Rock, this stone embodies the elements of Fire and Earth. Always very protective, these stones can help you set your boundaries and also protect your energy.

**Black Obsidian** – *Root*

Protection, grounding, strengthens personal and psychic power

**Gold Sheen Obsidian** – *Root, Solar Plexus*

Eliminates Ego, finding spiritual path

**Mahogany Obsidian** – *Root*

Releasing, rational thinking, brings courage and strength

**Rainbow Obsidian** – *Root*

Expands consciousness, self-control, resilience, cutting ties to the past

**Snowflake Obsidian** – *Root*

Tuning into messages, connection to ancestors, sensitivity to energy

## *Quartz:*

This type of stone is a personal favorite. The stones grow in a crystalline structure (geometric formation) and are made from Silicon and Oxygen. It is the second most abundant stone in Momma Earth's crust and the easiest stone to program. I use Quartz every day and the uses are endless.

**Amethyst** – *Third Eye, Crown*

Clarity of mind, Intuition, release stress/anger, balance highs and lows

**Ametrine** – *Solar Plexus, Third Eye*

Where personal power meets intuitive self, clears stress, acceptance

**Angel Aura Quartz** – *Crown*

Connection to guides, raise spiritual awareness, healing the Aura

**Auralite 23** – *Crown*

Higher Awareness of spirit guides, transformation, artistic inspiration

**Cacoxenite** – *Crown, Third Eye*

Ascension, expansion, and spiritual awareness, higher creativity

**Champagne Aura Quartz** – *Solar Plexus, Crown*

Connection to personal healing guides, put spiritual ideas into motion

**Citrine** – *Solar Plexus*

Sooth fear and anxiety, build personal power, courage, abundance

**Clear Quartz** – *All Chakras*

Program for anything you need, teaches us balance, clarity, and flexibility

**Golden Healer** – *Solar Plexus, Aura*

Increase connection to source and staying grounded during healing

**Herkimer Diamond** – *Third Eye, Crown*

Amplify spirit energy, attunement, crystal memory, powerful purifier

**Lemon Quartz** – *Solar Plexus*

Focusing thoughts, decision making, removes anxiety/self-doubt

**Lithium Quartz** – *Heart, Third Eye*

Natural antidepressant, neutralize anger/grief, heal emotional wounds

**Lemurian** – *Third Eye, Crown, Soul Star*

Esoteric Wisdom, communicating with your soul gifts and divine love

**Lodolite** – *All Chakras*

Letting go, tuning into others to understand intentions, strength

**Rose Quartz** – *Heart*

Connection to divine love and heart healing, comfort and nurturing

**Rutilated Quartz** – *Solar Plexus*

Decision making, releasing fears, let go of past, breaks down barriers

**Smokey Quartz** – *Root*

Relieves tension/stress/worry, grounding, energetic protection

**Spirit Quartz** – *Solar Plexus, Third Eye, Crown*

Harmony, alignment, sending you intentions out into the universe

**Tourmaline Quartz** – *Root, Crown*

Energetic protection from head to toe

## *Tigers Eye:*

Known for centuries as a talisman of the All-Seeing eye, it is a chatoyant stone that is a pseudomorph of the Quartz family. Tigers Eye naturally grows into only 3 colors.

**Hawk Eye (blue)** – *Throat, Third Eye*

Accomplishing goals, clarity of intention, healing self-worth

**Golden** – *Sacral, Solar Plexus*

Personal power, let go of judgement, willpower, luck, forward movement

**Bull's Eye (red)** – *Root*

Strength, courage, defense against bullying, enthusiasm, motivation

## *Other Allies:*

The rest of this guide are stones that I personally work with. This is not an exhaustive list and there are 1000s of other stones available on the beautiful Momma Earth.

### **Amazonite** – *Throat*

Hope, courage, communicating truth, soothes emotional trauma

### **Ammonite** – *Root, Third Eye*

Evolution, ancient knowledge, stimulates life force energy

### **Angelite** – *Throat, Third Eye, Crown*

Compassion, feeling true forgiveness, letting go of pain, calming

### **Apatite (blue)** – *Third Eye, Throat*

Personal power, independence, communication, memory, motivation

### **Apophyllite** – *Third Eye, Crown*

Soothes Nerves, protects a space if placed in all corners and gridded

### **Aquamarine** – *Throat*

cleanses emotional body, opens communication, a mirror for the soul

### **Azurite** – *Third Eye, Throat*

Celestial Connection, clears tension and confusion, developing intuition

### **Black Kyanite** – *Root to All Chakras*

Grounding, energy clearing, past-life journeys, protected energy work

### **Black Onyx** – *Root*

Protection, removes blocks we put in our own way

### **Black Tourmaline** – *Root*

Protection, transmutes negative energy, purify energy

### **Blue Goldstone** – *Third Eye, Throat*

“Big Break” stone, deflects unwanted energy, distance healing stone

### **Blue Kyanite** – *Throat to All Chakras*

aligns chakras, high vibrational stone that opens new ways of connection

**Bronzite** – *Root, Sacral, Solar Plexus*

Focused action, seeing the bigger picture, clears confusion and doubts

**Carnelian** – *Sacral*

Feminine power, passion/desire, courage, ambition/determination

**Dalmatian Stone** – *Solar Plexus*

release what you've outgrown, protective, spiritual grounding

**Danburite** – *Heart, Third Eye, Crown*

Reiki connection, helps being open to receiving high-vibe light energy

**Dumortierite** – *Throat*

Expression, peace, order, teaches to stand up for yourself and break ties

**Emerald** – *Heart*

Inspiration and infinite patience, emotional balance, nurture emotions

**Fluorite** – *Heart, Throat, Third Eye*

Electromagnetic protection, clarity, dissolves fixed patterns

**Garnet** – *Root*

Ultimate Balance, processing/releasing fears/self-sabotage

**Goldstone** – *Sacral*

Ambition, drive, confidence, "light can always be found in the darkness"

**Green Aventurine** – *Heart Chakra*

Abundance & luck, heart healing and comfort, opens opportunities

**Hematite** – *Root*

Grounding, focus, balance, stability, absorbs toxic emotions

**Howlite** – *Heart, Third Eye, Crown*

Calming, boosts memory, teaches patience, eliminates anger/anxiety

**Hypersthene** – *Root, Third Eye, Crown*

Organize energy and thought, identity, grounding, psychic connection

**Iolite** – *Third Eye, Crown*

Awaking of soul gifts, psychic knowing, express true-self



**Kunzite** – *Heart, Throat, Third Eye*

Emotional healing, free expression of feelings, letting go of fears

**Larvakite** – *Root, Third Eye*

Inner vision, confidence in new beginnings, sight behind the facades

**Lava Stone** – *Root*

Grounding, rebirth and shedding layers, emotional calm

**Labradorite** – *All Chakras*

Magic, psychic protection, calm over-active mind, work through fears

**Lapis Lazuli** – *Third Eye*

Truth and acceptance, speaking in alignment with your personal truth

**Larimar** – *Throat*

Taking control of your life, breaking down walls, communicating needs

**Lepidolite** – *Heart, Throat, Third Eye*

Calm, trust, acceptance, decreases anxiety/PTSD/depression/OCD

**Malachite** – *Heart*

Overcome fear, breaking down old patterns, release repressed emotions

**Moldavite** – *Heart, Third Eye, Crown*

Personal and energetic fulfillment, eases doubt, connection to ET energy

**Morganite** – *Heart*

Clears stress/anxiety, abundance of love and loving actions

**Mother of Pearl** – *Solar Plexus, Throat*

Balance of mind/body/spirit, access to ancient knowledge

**Opalite** – *All Chakras*

Transitions, persistence, strength, self-esteem, positive outlook

**Pearl** – *Heart*

Purity, spiritual transformation, charity, honesty, feminine energy

**Peruvian Pink Opal** – *Heart*

Emotional support, renewal, calm and centered, love and gentleness

**Petrified Wood** – *Root, Sacral*

Patience for flow of life, ancestral knowledge, reminds to slow down

**Pietersite** – *Sacral, Solar Plexus, Third Eye*

Willpower, self-esteem, self-reliance, storm element

**Pink Tourmaline** – *Heart*

Release stress/worry/depression, calm and sooth heart

**Prehnite** – *Heart*

Heals the healer, trust in universe, encourages acceptance/compassion

**Pyrite** – *Root, Solar Plexus*

Money protection, confident action, tapping into your potential

**Rhodochrosite** – *Heart*

Inner child support, deep emotional healing, forgiveness, relaxing

**Rhodonite** – *Heart*

Self-esteem and confidence, emotional healing, self-love

**Ruby** – *Root*

Increased concentration, motivation, personal power, self-confidence

**Ruby in Zoisite** – *Heart, Third Eye, Crown*

Passion and patience, enhances psychic ability, individuality

**Selenite** – *All Chakras and Aura*

Clearing, cleansing, charging, white light

**Septarian** – *Root*

Confidence, grounding, emotional flexibility, patience

**Seraphinite** – *Heart, All Chakras*

Kundalini awakening, divine feminine, releasing emotional patterns

**Serpentine** – *Heart, All Chakras*

Taking responsibility for your life, Kundalini energy, remove blockages

**Shiva Lingam** – *Root*

Vitality, unity and duality, masculine energy, cosmic creation

**Shungite** – *Root, Aura*

Energy protection, purifying, detoxifying, EMF protection

**Sodalite** – *Throat, Third Eye*

Eliminated fear and guilt, creative expression, clears mental conclusion

**Sunstone** – *Sacral, Solar Plexus*

Nurturing of self, confidence, independence, joy, release stress

**Tanzanite** – *Throat*

Transmutation, spiritual exploration, creative freedom

**Turquoise** – *Throat, All Chakras*

Purification, peace, self-realization, problem solving, empowerment

Thank you so much for using this guide as a resource for your connection to Crystals and Gemstones! I hope that it inspires you to continue your healing, learning, and devotion to knowing more and more about yourself.

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If you are a Reiki Practitioner, I do offer a *Crystal and Reiki Course* to help you learn how to use stones within your energy sessions. We go over 20 different shapes of stones, how to use them in person and through distance sessions, as well as talk about how to create a deeper connection to your Gemstone and Crystal Allies.

Learn more about this course at [www.TheGroveApothica.com](http://www.TheGroveApothica.com).

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*Sending you crystalline blessings!*

*Ashley-  
Delphine*