

## Gemstones and Chakra Associations

### 1. Muladhara Chakra: Beginning of Awareness

*Location:* Base of the spine (coccyx)

*Color:* Blood-red (secondary color is black) *Element:* Earth

*Function:* Gives vitality to the physical body. Life force, self-preservation, instincts.

*Qualities & Lessons:* Matters relating to the material world, success. Mastery of the physical body. Grounding, individuality, stability, security, stillness, health, courage, patience.

*Gems/minerals:* Ruby, garnet, bloodstone, red jasper, black tourmaline, obsidian, smoky quartz

### 2. Swadhisthana Chakra: Dwelling Place of Self

*Location:* Lower abdomen to navel area

*Color:* Orange *Element:* Water

*Functions:* Procreation, assimilation of foods, physical force and vitality, sexuality.

*Qualities & Lessons:* Giving and receiving, strong emotions, desire, pleasure seeking, sexual/passionate love, change, movement, assimilation of new ideas. Good health, tolerance, surrender. Working harmoniously and creatively with others.

*Gems/minerals:* Carnelian, garnet, coral, gold calcite, amber, citrine, gold topaz, peach aventurine, chrysoprase

### 3. Manipura Chakra: Transformation of Being

*Location:* Above the navel, below the chest

*Color:* Yellow *Element:* Fire

*Functions:* Vitalizes the sympathetic nervous system, digestive processes, metabolism and emotions.

*Qualities & Lessons:* Will, personal power, authority, energy, mastery of desires, self-control. Radiance, warmth, awakening, transformation, humor and laughter.

*Gems/minerals:* Citrine, gold topaz, amber, tiger eye, yellow sapphire, gold.

### 4. Anahata Chakra: Healing and Compassion

*Location:* Center of the chest

*Color:* Green (secondary color is pink) *Element:* Air

*Functions:* Anchors the life force from the higher self. Energizes the blood and physical body with the life force (breath) and regulates blood circulation.

*Qualities & Lessons:* Divine, unconditional love. Forgiveness, compassion, understanding, balance, group consciousness, oneness with life. Acceptance, peace, openness, harmony and contentment.

*Gems/minerals:* Emerald, green and pink tourmaline, malachite, green jade, green aventurine, chrysoprase, kunzite, rose quartz, ruby.

### 5. Visuddha Chakra: The Expression of Creativity

*Location:* Throat area

*Color:* Blue *Element:* Ether

*Functions:* Speech, sound, vibration, communication

*Qualities & Lessons:* Power of the spoken word. True communication. Creative expression in speech, writing and the arts. Integration, peace, truth, knowledge, wisdom, loyalty, honesty, reliability, gentleness and kindness.

*Gems/minerals:* Turquoise, chrysocolla, celestite, blue topaz, sodalite, lapis lazuli, aquamarine, azurite, kyanite

### 6. Ajna Chakra: The Knowledge of Being

*Location:* Center of the forehead, between the eyebrows.

*Color:* Indigo *Element:* Light

*Functions:* Vitalizes the lower brain and central nervous system. Regulates vision.

*Qualities & Lessons:* Soul realization, intuition, insight, imagination. Clairvoyance, concentration, peace of mind. Wisdom, devotion, perception beyond duality.

*Gems/minerals:* Lapis Lazuli, azurite, sodalite, clear quartz, sapphire, iolite, tourmaline

### 7. Sahasrara Chakra: Endless Possibilities

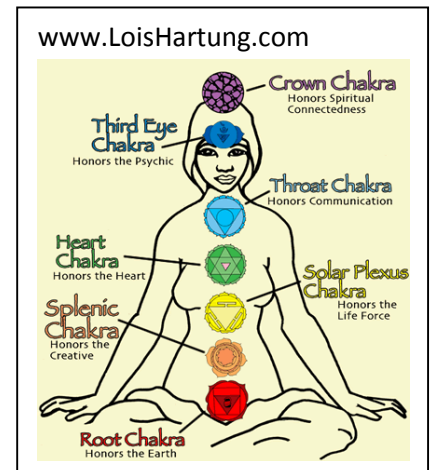
*Location:* Top of the head

*Color:* Purple *Element:* Thought/Will

*Functions:* Vitalizes the upper brain

*Qualities & Lessons:* Unification of the higher self with the human personality. Oneness with the infinite. Spiritual will, inspiration, unity, wisdom and understanding. Idealism, selfless service. Perception beyond space and time. Continuity of consciousness.

*Gems/minerals:* Amethyst, alexandrite, diamond, sugilite, purple fluorite, clear quartz, selenite



## Gemstone Symbolism

The primary use for gems throughout history has been for healing and spiritual rituals. Although gems were rare and exhibited great beauty, the reason they were so precious was due to the power they imparted to their wearers.

They are storehouses of empowerment, transmitted through contact with one's body. Kings and queens would have gemstones set in their crowns to obtain their potencies. They connected the monarchs with forces enabling them to rule guided by cosmic energies. Priests of different religions used gems in rings for similar reasons. Gems exhibit their power in a beneficial or detrimental way – depending on how they are used.

The inherent powers of gemstones are recognized by modern science in the technological uses of crystals in watches, lasers, and computers, but the more subtle potencies, such as their ability to promote physical healing in the body, or their power to help balance human emotions, elude modern science.

Here is an overview on the power of gems taken from [All you wanted to know about Gems](#) by Vijaya Kumar:

- 1) All stones or gems have magnetic powers in varying degrees, and many of them are beneficial to us for their therapeutic cures.
- 2) They emit vibrations and frequencies which have strong potential influence on our whole being.
- 3) They create strong energy fields which enable us to be charged with their energies.
- 4) The gems are used for healing, transforming, balancing, and attuning the body, mind and soul.
- 5) They are a manifestation of vibrancy, light and color, life, textures, transparency and clarity.
- 6) They activate our abilities, soothe and comfort, heal and balance through the purity of their rays.
- 7) The patterns in the stones reveal to us the changes that keep taking place, indicating that life is change – that the process of evolution is a cosmic law.
- 8) Each gem, tuned to a particular ray, has a special role to play.
- 9) The gems can be cleaned by leaving them under running water for six to eight hours. Or, bury them in some earth overnight, and rinse them off. Or, keep the stone in the flame of a candle until the candle melts. Or still, place the stone amongst a heap of quartz for several days, whereby its energy is revived from the contact of the quartz.
- 10) The gem that is cleaned should be placed in direct sunlight, for the sun is a great source of energy and purification.
- 11) The more precious stones that you wear, the more strongly will you be charged with cosmic forces, radiating out into your surroundings.
- 12) Wear your stones – Do not store them in a safe or jewelry box, for you will be depriving your body of their tremendous power.
- 13) Precious stones have a way of healing emotions that have been inharmonious.
- 14) The stones selected for use should always be in contact with one's body to absorb their healing properties.