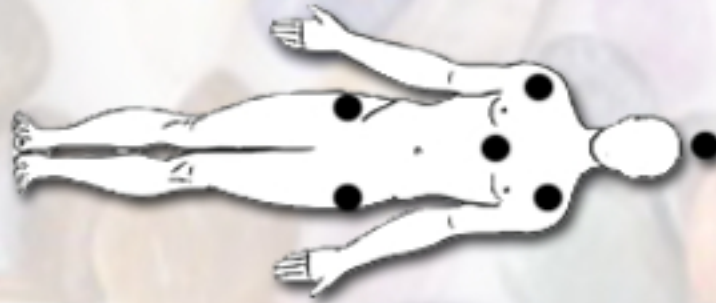




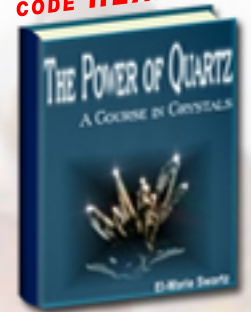
# Crystal Color Healing Chart

The Crystal Color Healing Chart is designed to suggest links between colors, body energies, color effects, chakra centers, and crystals. The original seven colors of the spectrum have been expanded to include shades, as well as rays like silver. You can choose a crystal below and either wear or carry it on you or use the following layout using 6 of the same stones for approximately 10 minutes per day.

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<u>COLOR</u>	<u>ENERGY</u>	<u>EFFECT</u>	<u>CHAKRA</u>	<u>CRYSTAL</u>
Red	Action	Warming	Root	Garnet
Orange	Relationship	Expanding	Sacral	Amber
Yellow	Mental Alertness	Clearing	Solar Plexus	Citrine
Light Green	Spontaneity	Refreshing	Heart	Peridot
Rich Green	Love	Harmonizing	Heart	Emerald
Turquoise	Protection	Strengthening	Heart/Thymus	Turquoise
Pale Blue	Communication	Soothing	Throat	Celestite
Dark Blue	Intuition	Connecting	Third Eye	Lapis Lazuli
Violet	Insight	Inspiring	Crown	Sugilite or Amethyst
Pink	Unconditional Love	Releasing	Heart	Rhodochrosite or Rose Quartz
White	Universal Energy	Healing	All Chakras	Selenite or Clear Quartz
Black	Universal Mystery	Visioning	Root	Black Obsidian
Brown	Earthing/Rooted	Grounding	Root	Smoky Quartz
Iridescent	Change	Flowing	Third Eye	Labradorite
Gold	Self-Worth	Revitalizing	Crown	Gold
Silver	Inner Knowledge	Calming	Third Eye	Silver