



Crown Chakra

Spirituality; Divine Enlightenment;
Imagination

Crystals: Amethyst; Auralite 23; Charoite;
Danburite; Lepidolite; Phenacite; Tanzanite

Essential Oils: Jasmine

Mantra: Ang ("a" is pronounced as
"ah")

Hand Pose: Hands in front of our stomach,
fingers interlaced & little fingers pointing
upwards

Affirmation:



3rd Eye Chakra

Intuition; Psychic Abilities; Dreams

Crystals: Angelite; Azurite; Dumortierite;
Flourite; Iolite; Lapis Lazuli; Phosphosiderite;
Sodalite; Tanzanite; Tanzine Aura

Essential Oils: Lavender

Mantra: Om ("o" is pronounced as "oh")

Hand Pose: Hands in front of the lower part
of your breast, middle fingers stand up, tips
touching. Other fingers bent at first joint.

Affirmation:

"I may have my own dreams &
aspirations"



Throat Chakra

Communication; Speech; Expression

Crystals: Amazonite; Aqua Aura;
Aquamarine; Blue Lace Agate; Kyanite; Lapis
Lazuli; Larimar; Sodalite; Tanzanite;
Blue Topaz

Essential Oil: Peppermint

Mantra: Ham ("a" is pronounced as
"ah")

Hand Pose: Hands by the stomach, fingers
interlaced & thumb tips touching

Affirmation:

"I allow myself to express freely.
I assert myself"



Heart Chakra

Love; Compassion; Trust; Relationship

Crystals: Aventurine; Danburite; Diopside;
Emerald; Jade; Kunzite; Malachite; Peridot;
Rose Quartz; Rhodochrosite; Green Tourm.

Essential Oil: Heliotrope

Mantra: Yam ("a" is pronounced as
"ah")

Hand Pose: Touch your index fingers to your
thumbs. With your right hand at the heart
center and with your left hand resting on
your knee.

Affirmation:



Solar Plexus Chakra

Energy; Vitality; Personal Power

Crystals: Citrine; Topaz; Golden Apatite; Merlinite;
Hematite; Moonstone

Essential Oil: Ginger

Mantra: Ram ("a" is pronounced as "ah")

Hand Pose: Place hands between your heart & your
stomach, hands together & cross your thumbs, left
over right

Affirmation:

"I allow myself to be strong & stand up for myself"



Sacral Chakra

Sensual Desire; Creativity

Crystals: Carnelian; Tangerine Aura; Orange Calcite;
Peach Moonstone; Fire Opal

Essential Oil: Dragon's Blood

Mantra: Vam ("a" is pronounced as "ah")

Hand Pose: Place hands in your lap, palms facing
upwards. Right palm resting on top of the left

Affirmation:

"I am allowed to create my own space, my own
life"



Root Chakra

Grounding; Security; Survival

Crystals: Fire Agate; Bloodstone; Garnet; Obsidian;
Ruby; Black Tourmaline

Essential Oil: Cinnamon

Mantra Lam ("a" is pronounced as "ah")

Hand Pose: Make an okay sign with your hands and
rest on your lap

Affirmation:

"I deserve my own place to exist in freedom"