

crystal musings

balance your energy. balance your life

Soul Star Chakra



Color

Clear, White, Gold

Mantra/Affirmation

I am divine light. I am love. I am will. I am the soul.

Essential Oil Recommendation

Frankincense, Elemi, Myrrh, Angelica, Copaiba

Crystals

Danburite, Herkimer Diamond, Golden Healer Quartz, Phenacite,
Petalite

Emotional/Spiritual

When in balance you feel connected to your higher self, feel contentment, and you understand your soul purpose and lessons in this life time.

When out of balance you may feel confused, aloof, spaced out, and may have mental fatigue, depression, or paranoia. You have an inability to resolve life lessons.

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Crown Chakra



Color

Purple, Clear

Mantra/Affirmation

I am whole and complete. I am full awake and aware. I am pure light and love. I am connected to all that is.

Essential Oil Recommendation

Frankincense, Myrrh, Neroli, Lavender, Rosewood, Angelica

Crystals

Clear Quartz, Charoite, Sugilite, Lepidolite, Selenite

Emotional/Spiritual

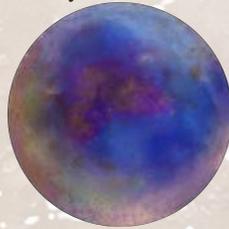
When in balance you feel empowered, valued, and present in the moment. You see yourself as a reflection of the Divine and trust the flow of life.

When out of balance you can feel confused, fearful, alienated, and depressed. You may have fixed thoughts on religion/spirituality, and not be open to other perspectives.

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Third Eye Chakra



Color

Indigo, Purple

Mantra/Affirmation

I trust and honor my intuition. I am inspired. I am a powerful co-creator with the universe.

Essential Oil Recommendation

Angelica, Helichrysum, Sage, Blue Spruce, Frankincense

Crystals

Lapis Lazuli, Amethyst, Labradorite, Tanzanite, Moldavite

Emotional/Spiritual

When in balance you feel clear, focused, and know truth from illusion. You are open to receiving knowledge and intuitive insight. You have an awareness of a spiritual realm.

When out of balance you may lack spirituality, be fearful of self and others, exaggerate truths, feel moody and have an inability to self-reflect.

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Throat Chakra



Color

Blue, Turquoise

Mantra/Affirmation

I express my truth. I express my creativity. I listen to my inner voice. I listen to others without judgement.

Essential Oil Recommendation

Rosemary, Chamomile, Peppermint, Eucalyptus, Blue Tansy

Crystals

Blue Lace Agate, Aquamarine, Blue Topaz, Turquoise

Emotional/Spiritual

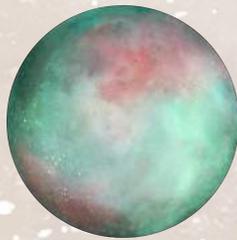
When in balance you communicate freely, express yourself creatively, and be your true self. You are honest and speak intuitively.

When out of balance you may feel powerless to speak out and fear being judged or rejected. You may feel unseen or unheard, as well as hurt, and resentful towards others.

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Heart Chakra



Color

Green, Pink

Mantra/Affirmation

I love myself. I embrace life. I open my heart. I have gratitude.

Essential Oil Recommendation

Jasmine, Rose, Geranium, Ylang-Ylang, Melissa

Crystals

Rose Quartz, Rhodochrosite, Green Aventurine, Amazonite

Emotional/Spiritual

When in balance you experience self-love, joy, grace, compassion, and empathy with others. You are able to truly forgive others and have healthy relationships.

When out of balance you may feel jealous, abandoned, bitter, rejected, envious, and/or withhold love to others. You may be demanding, overly critical, or codependent.

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Solar Plexus Chakra



Color

Yellow, Gold

Mantra/Affirmation

I am authentic. I am centered. I am empowered. I am energized.

Essential Oil Recommendation

Juniper, Lemongrass, Grapefruit, Lemon, Ginger

Crystals

Citrine, Tiger's Eye, Pyrite, Amber, Yellow Topaz

Emotional/Spiritual

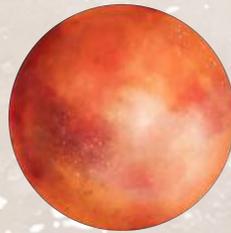
When in balance you feel positive, hopeful, and confident in your abilities. You have high self-esteem, you own your personal power, and are assertive in your desires.

When out of balance you may feel powerless, worthless, self-critical, fearful, shameful, rejected and self-conscious. You have an inability to move your thoughts into action.

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Sacral Chakra



Color

Orange, Brown

Mantra/Affirmation

I feel joyful. I feel sensual. I feel creative. I feel nourished.

Essential Oil Recommendation

Ylang-Ylang, Rose, Sandalwood, Orange, Cinnamon

Crystals

Carnelian, Orange Calcite, Sunstone, Bronzite, Moonstone

Emotional/Spiritual

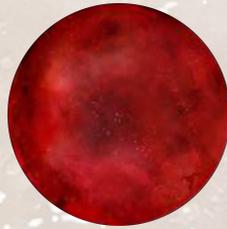
When in balance you feel passionate, energetic, confident, creative, outgoing, excited, and cheerful. You are able to nurture yourself and others.

When out of balance you may feel unsure of yourself in relationships and have poor boundaries. You may feel betrayed, shameful, or regretful. You may thrive in crisis and feel disconnected from others.

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Root Chakra



Color

Red, Black

Mantra/Affirmation

I am safe. I am grounded. I belong. I trust. I am abundant.

Essential Oil Recommendations

Cedarwood, Myrrh, Pine, Black Pepper, Sandalwood

Crystals

Red Jasper, Garnet, Light Smokey Quartz, Petrified Wood,
Chiastolite

Emotional/Spiritual

When in balance you feel secure, connected, supported, safe, and grounded. You have faith in your personal manifesting abilities and maintain your power.

When out of balance you may feel insecure, angry, violent, worried, or fearful. You may be disorganized, have an inability to stay present, and may be unable to stay grounded.

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Earth Star Chakra



Color

Black, Brown

Mantra/Affirmation

I am perfectly grounded and release all excess energy into the earth. I release all non-beneficial ancestral patterns.

Essential Oil Recommendation

Black Pepper, Vetiver, Cedarwood, Frankincense, Clove

Crystals

Black Kyanite, Hematite, Dark Smokey Quartz, Obsidian, Tourmaline

Emotional/Spiritual

When in balance you feel deeply connected to all things on earth and the universe. You have peace of mind and work for the greater cause.

When out of balance you may neglect your needs and daily demands. You have difficulty maintaining energetic boundaries and are prone to psychic attack from others.