CRYSTALS

Amethyst

Birthstone: February

Chakra: Crown and Third Eye

Element: Wind

Planet: Jupiter, Saturn and Neptune

Best for: Trust, intuition and spirituality, breaking addictions

Aventurine

Birthstone: September

Chakra: Solar plexus

Element: Water, Earth & Wind

Planet: Earth

Best for: Good fortune, opportunity and confidence

Black Obsidian

Birthstone: November

Chakra: Root

Element:

Planet: Saturn

Best for: Self-reflection, growth and protection

Bloodstone

Birthstone: March & December

Chakra: Root

Element: Earth

Planet: Saturn

Best for: Self-esteem, confidence, strength and power

Blue Dalmatian Jasper aka Dalmatian Stone*

Birthstone: Virgo

Chakra: Root

Planet: Saturn

Best for: Spiritual grounding and psychic protection

*Although it is often called Dalmatian Jasper, in truth, it should more correctly be referred to as Dalmatian stone as its makeup does not meet the gemmological definition of jasper. The dark spots are caused by Tourmaline deposits, which adds the energy of spiritual grounding and psychic protection to this stone.

Blue Tiger's Eye aka Hawk's Eye, Falcon's Eye, and Silicified Crocidolite

Birthstone: June?

Chakra: Third Eye

Element: Air

Planet: Jupiter

Best for: Protection, warding off curses and illnesses, calming anxiety and stress

Carnelian

Birthstone: August

Chakra: Solar Plexus, Sacral & Root

Element: Fire

Planet: Mars & Sun

Best for: Motivation, endurance, leadership and courage

Moss Agate

Birthstone: January & September

Chakra: Heart & Root

Element: Earth

Planet: Earth

Best for: Stability, protection and emotional security

Jasper (Red and yellow / Kalahari Desert Stone)

Birthstone: March

Chakra: Root

Element: Earth

Planet: Sun & Earth

Best for: Grounding, cleansing and calm

Rose Quartz

Birthstone: January

Chakra: Heart

Element: Water

Planet: Venus

Best for: Matters of the heart and calming friction in relationships of all kinds

Rose Quartz is the famous "love stone". It wants to align you to self-appreciation and self-love, because true love starts with you.

Selenite aka Moonstone

Birthstone: September

Chakra: Crown

Element: Wind

Planet: Moon

Best for: Cleansing, clarity and light

Smoky Quartz

Birthstone: June

Chakra: Solar Plexus, Sacral and Root

Planet: Earth, Saturn and Sun

Best for: Healing, grounding and letting go

Tiger's Eye

Birthstone: August

Chakra: Solar Plexus, Sacral and Root, Sacral

Element: Fire and Earth

Planet: Sun

Best for: Good fortune, prosperity and inspiration

Information sourced primarily from Spells8 printable PDFS, The Little Book of Crystals by Astrid Carvel and https://thecrystalcouncil.com/