

## Sacred Himalayan Chakra Stones

These stones can be heated for Hot Stone Massage and are useful for all healing/meditation methods



1 Root Chakra  
4 petal lotus  
Earth/Red  
Grounding/Stability



4 Heart Chakra  
Air/Green  
Compassion/Harmony  
12 Petal Lotus



2 Sacral Chakra  
Water/Orange  
Fluidity/Happiness  
6 Petal Lotus



5 Throat Chakra  
Either (sound)/Sky Blue  
Communication/Expression  
16 Petal Lotus



3 Solar Plexus Chakra  
Fire/Yellow  
Vitality/Self Esteem  
10 Petal Lotus



6 Third Eye Chakra  
Light/Midnight Blue  
Insight/Intuition  
2 Petal Lotus



7 Crown Chakra  
Consciousness/Purple  
Wisdom/Enlightenment  
1,000 Petal Lotus

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