

CHAKRA CRYSTALS

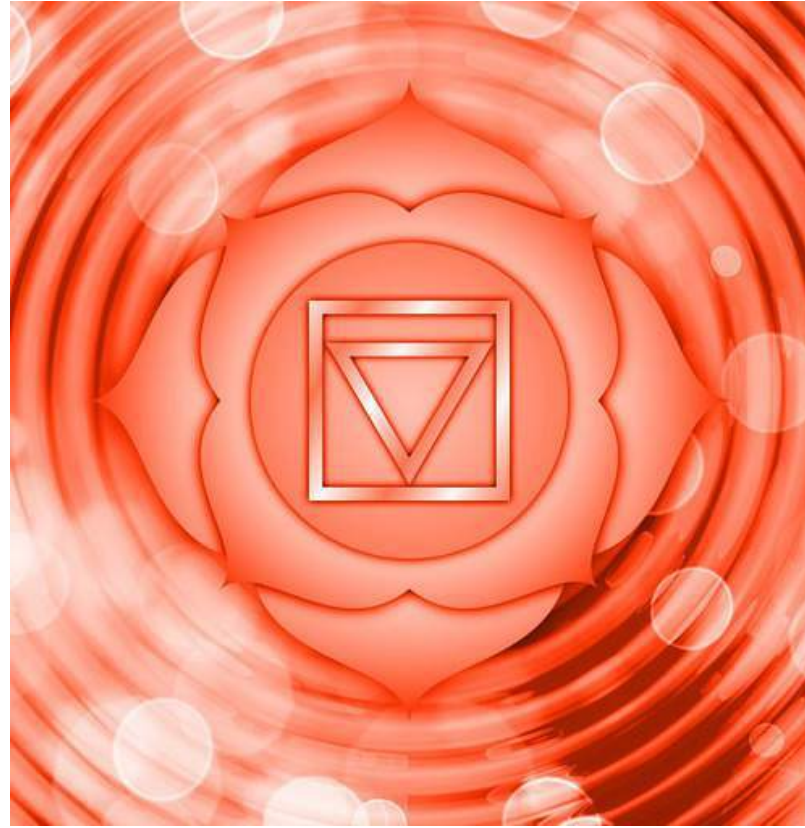
CLEARING | REVITALIZING | HEALING

MUMBLES & THINGS

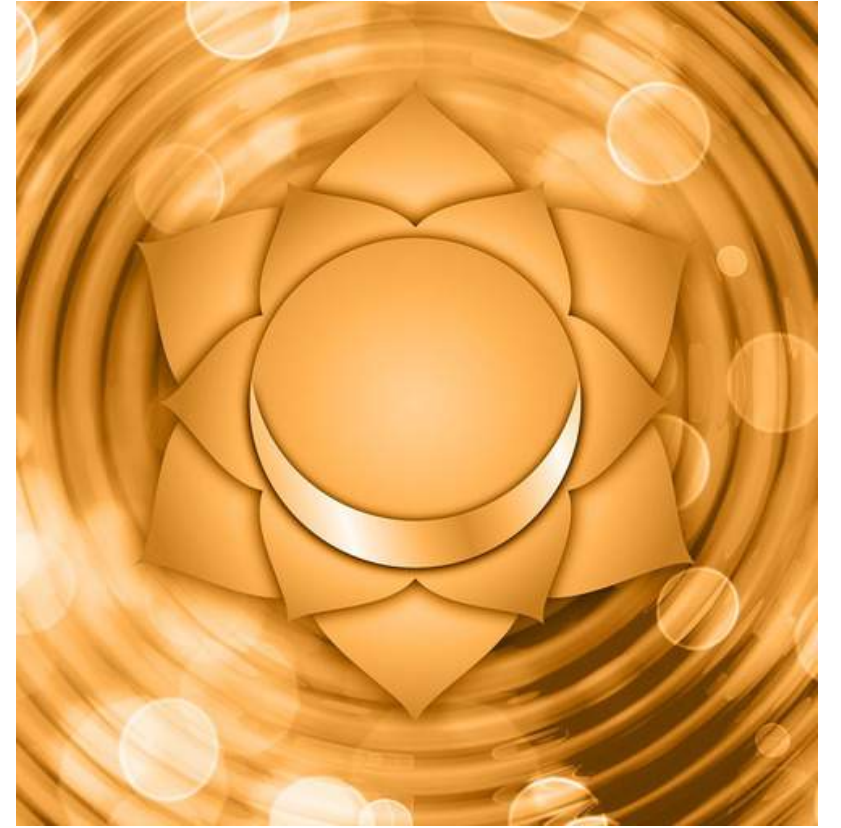
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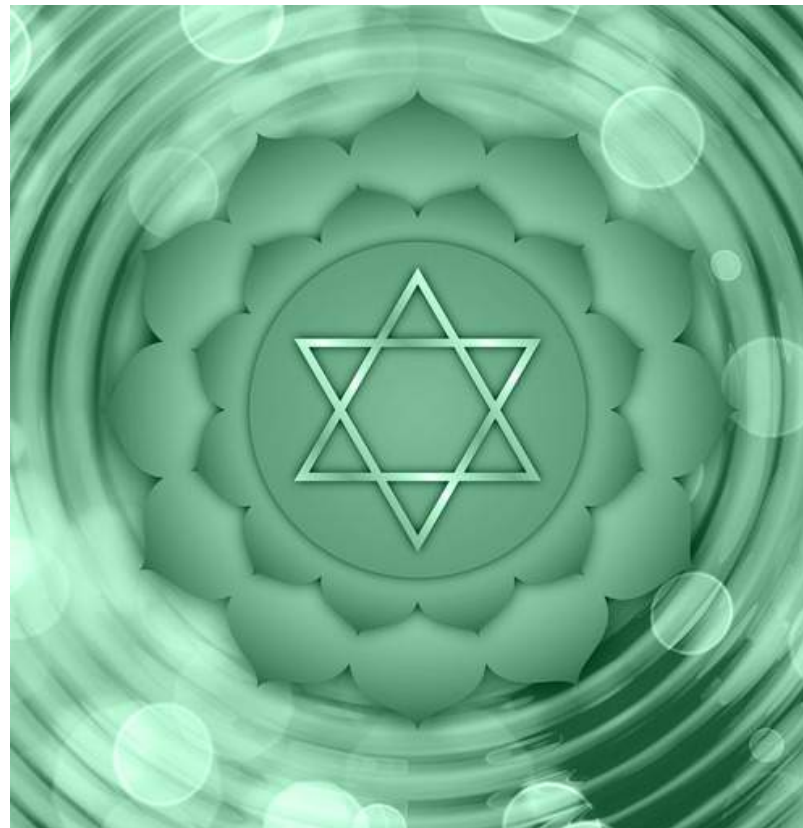
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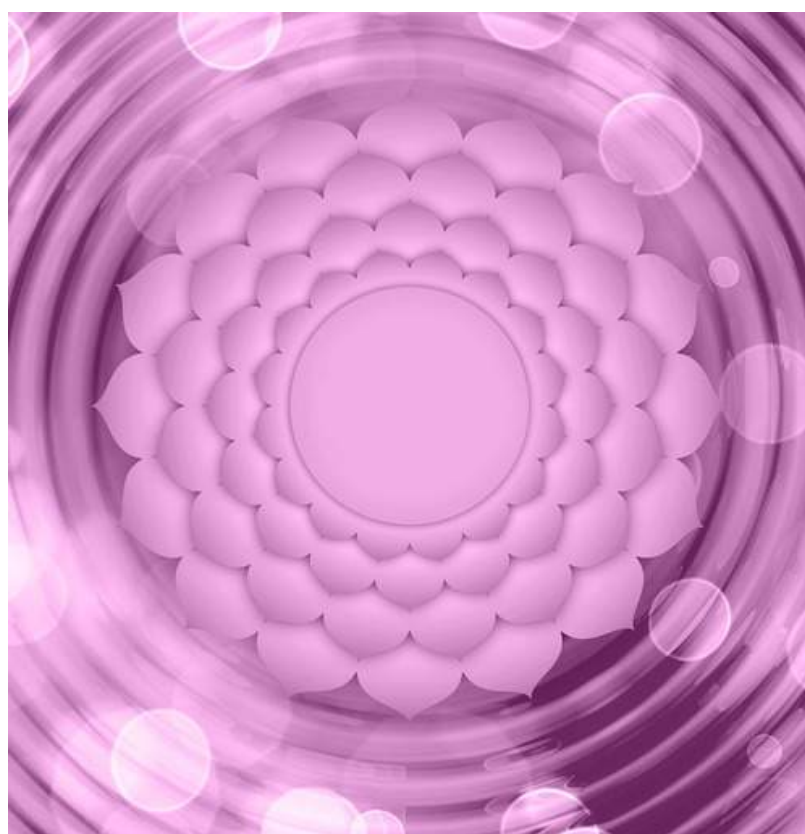
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03 | INTRODUCTION

MUMBLES & THINGS

Introduction



Have you ever complained about tiredness, or relationship issues, or well... anything really? If you said no, unless you are some kind of perfect angel human, I don't believe you. But if you said yes, I would tell you, "Your chakras are way out of whack. Go get those doggone chakras balanced."

Chakras, simply put (very simply put) are energy centers throughout your body. Chakra is the Sanskrit word for wheel. Each of the seven main chakra can be visualized as a spinning whirl where energy flows in a spiraling vortex. Working with the chakras is one way to work with your energy. By observing the way the energy moves and how it manifests into external symptoms (physically, psychologically and spiritually), we can discover which chakras are out of balance.

If you can understand this you can understand why it important to work with your chakras. By healing and balancing your chakras you are actively working toward healing and balancing yourself on every level. If you know about the chakras and what energies each represents, then, when you complain about not getting enough sleep, a problem in your relationship or anything else, you can discover the deeper issue that could be causing these surface challenges.



05 | ROOT CHAKRA

MUMBLES & THINGS

Muladhara - Root Chakra



“I am a divine being of light. I am peaceful, protected, and secure.”

PURPOSE: Grounding and Connecting

LOCATION: Base of spine

COLOR: Red

ELEMENT: Earth

ESSENTIAL OILS: cedarwood, myrrh, patchouli, vetiver, white fir

Overactive

- Overeating
- Caving unhealthy foods
- Paranoia
- Nervousness
- Aggression
- Dominant behavior
- Addiction to adrenaline
- Hoarding
- Material fixation

Underactive

- Neglecting of self
- Underweight
- Poor discipline
- Poor boundaries
- Depression
- Passivity
- Lethargy
- Chronic disorganization
- Fear of change
- Feelings of not belonging

Balanced

- Abundant health
- Abundant energy
- Feeling grounded
- Feeling settled
- Comfortable in own body
- Sense of safety
- Sense of security
- Happiness in job/career
- Satisfied with life
- Material prosperity

Muladhara - Root Chakra

BLACK AGATE

Black Agate has a gentle energy that balances the polar energies within you. This gives you support so you can reconnect with your inner strength and more clearly understand information.

BLACK TOURMALINE

Black Tourmaline is known for protection and grounding, which makes it perfect stone for supporting the root chakra. It is also an excellent purifying stone because it transmutes negative energies within the body into positive ones for healing.

GARNET

Garnet is an amazing stone for the root chakra, because it's energies are strongly focused on survival. It boosts energy levels, enhances instincts, helps you to adapt to changes in your life and supports courage.

HEMATITE

Hematite is perhaps most widely known for grounding. It also can be used to balance energy in the body and help subconscious thoughts and knowledge to become more understandable on a conscious level.

JET

Jet is wonderful for calming and balancing your energies so that you can take control over your own life and increase your personal abundance. When combined with other stones it can work for protection.

OBSIDIAN

Obsidian is a grounding stone that can be used to absorb negative energies on the physical, mental, emotional, and spiritual levels. This makes it an excellent choice for root chakra healing work.

PETRIFIED WOOD

Petrified Wood, while not technically a crystal, has a soothing energy that enables you to relax and energetically ground. This helps you regain your equilibrium and prepare for any challenges ahead.

RED JASPER

Red Jasper is excellent for reducing stress and increasing focus towards any task, which is why many people use it as a worry stone. It enhances the determination and instincts needed for new beginnings.

RED TIGER'S EYE

Also known as Falcon's Eye, this protection crystal enhances your confidence and motivation. It is known to calm strong emotions so that the user can think more clearly.

RUBY

Ruby is an all-around excellent crystal for survival and protection. It supports good health, healing, and vitality in the user. It is also used to ease new beginnings and attract abundance.

SMOKEY QUARTZ

Smoky Quartz is a stress relieving stone as well as a protective and grounding stone. It can strengthen resolve to overcome harmful behaviors.

08 | SACRAL CHAKRA

Svadhistana - Sacral Chakra



“I am
authentically
creating a life
free of stress and
full of bliss.”

PURPOSE: Abundance and sexuality

LOCATION: Slightly below the navel

COLOR: Orange

ELEMENT: Water

ESSENTIAL OILS: black pepper, cinnamon, cypress, orange

Overactive

- Excessive sex drive
- Compulsive behaviors
- Tension
- Frustration
- Overly emotional
- Hypersensitive
- Emotional dependency

Underactive

- Unemotional
- Guarded
- Self-deprivation
- Sexual repression
- Poor social skills
- Denial of pleasure
- Lack of desire or passion

Balanced

- Healthy creative expression
- Balanced hormones
- Ability to experience pleasure
- Generous and giving
- Nurturing to self
- Healthy boundaries

Svadhistana - Sacral Chakra

ARAGONITE

Aragonite raises your energy vibrations, but is especially effective with emotional frustrations. It clears out blockages and transmutes the energy into a beneficial form.

CARNELIAN

Known as a “feel better” stone, Carnelian is excellent at helping us find a connection between emotions and dis-ease. The positive energy this stone emits also boosts energy levels and confidence.

COPPER

Although not a crystal, Copper is a wonderful energy conductor. It stabilizes the energy field and provides the physical and emotional support needed to get through a difficult day.

MOONSTONE

Recognized as a more “feminine” stone, Moonstone balances emotions and soothes all types of aggravation. A positive crystal, it can help you get in touch with your intuition.

ORANGE CALCITE

One of the more popular Sacral Chakra stones, Orange Calcite has a wonderful calming influence. It also inspires the user and is particularly helpful with all creative endeavors.

PEARL

This naturally occurring material soothes all sorts of emotional upheavals. Pearls are known to bring emotional balance and stability, and are especially proficient at reducing irritability and stress.

SUNSTONE

An extremely cheery crystal, Sunstone perfectly embodies its name. It brings positivity and vitality to the user, supporting good health and promoting abundance.

VANADINITE

A superb cleanser, Vanadinite slowly but steadily cleanses the energy body from negative thoughts and emotions, stressors, and excessive behaviors. This stone enables you focus on and complete the task at hand without distraction.

WULFENITE

Unlike most Sacral Chakra crystals, Wulfenite aides the mental and spiritual energy bodies. It clears out mental blockages to enable you to heal yourself on different planes of reality.



11 | SOLAR PLEXUS CHAKRA

Manipura - Solar Plexus Chakra



“I am powerful,
confident and
successful in
all my
ventures.”

PURPOSE: Worthiness and confidence

LOCATION: Slightly above the navel

COLOR: Yellow

ELEMENT: Fire

ESSENTIAL OILS: bergamot, clove, ginger, grapefruit, juniper

Overactive

- Overly aggressive
- Need to be right
- Bossy
- Power hungry
- Competitive
- Attraction to sedatives
- Conceited
- Self-centered
- Hyperactive
- Narrow-minded

Underactive

- Low self-esteem
- Lack of self-trust
- Weak will
- Poor digestion
- Victim mentality
- Unreliable
- Unable to take responsibility
- Attraction to stimulants

Balanced

- Responsible and reliable
- Healthy self-esteem
- Spontaneity
- Play-fulness
- Sense of humor
- Able to make decisions
- Able to meet challenges
- Warmth in personality

Manipura - Solar Plexus Chakra

AMBER

Although technically not a crystal, Amber is one of the best minerals to use for the Solar Plexus. Its powers of purification easily help physical, mental, emotional and spiritual blockages in this chakra, and the feelings of warmth it gives off support a positive mental attitude.

CHRYSOBERYL

This stone is a wonderful energizer for the Solar Plexus. Its ability to merge the energies of the Heart and Solar Plexus chakras makes it easier to align your deepest desires with the will to manifest them.

CITRINE

One of the best known crystals, Citrine is excellent for strengthening any mental work you need to do by promoting clarity, focus, and will power. It also provides inspiration for ideas and aides with all academic pursuits.

GOLD

Gold is another mineral which soothes and restores the Solar Plexus. Its energies boost confidence and self-esteem in whatever form it takes (nugget, flakes, jewelry etc.).

GOLDEN TOPAZ

Not to be confused with Imperial Topaz, Golden Topaz is recognized by its golden hues as the name implies. By opening your awareness to your inner wisdom it helps align your will and desires to a higher purpose.

PYRITE

Also known as Fool's Gold, Pyrite amplifies the energy of the Solar Plexus. As it is particularly helpful for balancing and enhancing masculine energy, it stabilizes confidence and encourages the user to take action.

TIGER'S EYE

Tiger's Eye is a fantastic stone for courage and strength. Not only does it help you to overcome fears and persevere through obstacles in your path, but it provides grounding and protection to keep you safe and centered throughout the day.

YELLOW CALCITE / HONEY CALCITE

With its gentle energy Yellow Calcite helps eliminate negative thoughts and self-defeating behaviors. It provides steady support to complete long term goals and projects.

YELLOW FLUORITE

As with other Fluorites, Yellow Fluorite is a wonderful energetic cleanser. It enhances all mental activities and can unite thoughts and intentions to manifest in reality.

YELLOW JASPER

A grounding crystal that enhances the strength of the physical body, Yellow Jasper can ease tension within the body. Considered to be a cleansing and protective stone, it is a tremendous help for travelers.



14 | HEART CHAKRA

Anahata - Heart Chakra



“I am giving and receiving love effortlessly and unconditionally.”

PURPOSE: Ability to love

LOCATION: Heart region

COLOR: Green

ELEMENT: Air

ESSENTIAL OILS: eucalyptus, lime, peppermint, rose, ylang ylang

Overactive

- Overly empathetic
- Overly concerned
- Jealous
- Poor boundaries
- Codependency
- Clinging
- Tendency to stay in abusive relationships
- Overly sacrificing

Underactive

- Shy
- Fear of getting hurt
- Feelings of loneliness
- Feelings of being unloved
- Suspicious
- Possessive
- Antisocial
- Judgmental
- Fear of relationships

Balanced

- Compassionate
- Understanding
- Loving of self and others
- Empathetic
- Inner peace
- Strong immune system

Anahata - Heart Chakra

AMAZONITE

Known as a “feel better stone”, Amazonite is so effective because it aligns the Heart Chakra on the physical and astral planes. The recognition of this unity on a soul level is inherently soothing and fills the Heart Chakra with positive energy.

Aventurine

Aventurine is a wonderful stone for enhancing leadership qualities. It reduces stress and promotes relaxation, but also motivates and encourages decisions to be made from the heart.

Bloodstone

Often associated with the Root (or Base) Chakra, Bloodstone is also excellent for the Heart Chakra. The stone of the “spiritual warrior”, it brings steadiness, courage, and solace to your heart.

Dioptase

The positive and uplifting energy of Dioptase is wonderful for promoting love and compassion. It also makes Dioptase excellent for healing any wounds to the heart.

EMERALD

One of the most well-known crystals, Emerald subtly brings harmony to the emotional heart. By opening up the user’s sensitivity, it allows them to have patience, honesty, and understanding with themselves instead of focusing negative emotions inwards.

MALACHITE

One of the most calming Heart Chakra crystals to deal with, Malachite is excellent at balancing tumultuous emotions and energies within the Heart Chakra. Known for uplifting spirits, it makes all types of transitions easier.

PERIDOT

Peridot has a very light and vibrant energy. Known for protecting the Heart Chakra, it also cleanses the heart of negative emotions and brings optimism to the user.

RHODOCHROSITE

Rhodochrosite is fantastic for connecting you to your inner child. It brings love and compassion for yourself, courage, and creativity so you can experience the wonders and mystery of the world as children do.

ROSE QUARTZ

Rose Quartz has some of the gentlest energy for Heart Chakras. It enhances love on all levels (self, familial, romantic, and platonic) and diminishes the effect of negative emotions, especially towards yourself.

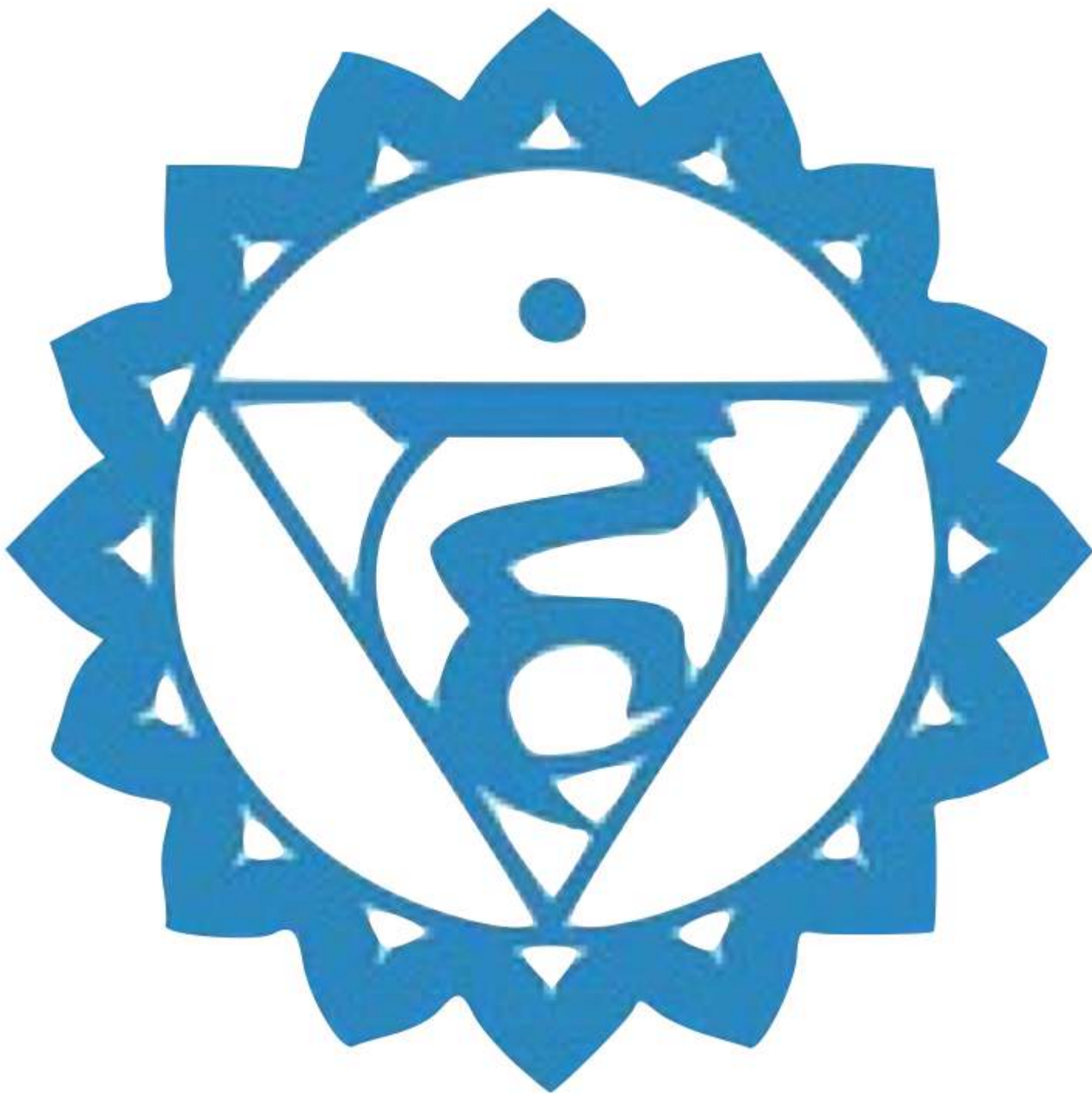
UNAKITE

With a strong but gentle energy, Unakite helps strengthen your Heart Chakra. It is best at removing emotional blockages from your heart, making it an excellent crystal to help you through any form of grief.



17 | THROAT CHAKRA

Vishuddha - Throat Chakra



“I am speaking
clearly and
truthfully with
grace and
ease.”

PURPOSE: Communicate our truth

LOCATION: Center of throat/neck

COLOR: Blue

ELEMENT: Ether/sound

ESSENTIAL OILS: birch, lavender, oregano

Overactive

- Excessive talking
- Stuttering
- Inability to listen
- Gossiping
- Loud or dominating voice
- Tendency to interrupt

Underactive

- Supressed feelings
- Fear of expression
- Fear of offending others
- Shyness
- Weak voice
- Poor rhythm

Balanced

- Good listener
- Communicates easily
- Communicates clearly
- Lives creatively
- Speaks with confidence
- Sings well
- Good sense of timing
- Good sense of rhythm
- Expresses self freely
- Good with body language

Vishuddha - Throat Chakra

AQUAMARINE

Like its name suggests, Aquamarine shares some qualities with water. It is best known for cooling heated emotions and gently clearing energy blockages in the Throat Chakra, but it also encourages truthfulness in all communications (with yourself and others).

BLUE CALCITE

Blue Calcite is more helpful with spiritual communication than others. It slowly opens you up to your higher self so that you can receive insights and inspiration from the higher realms.

BLUE CHALCEDONY

A very soft crystal energetically speaking, Blue Chalcedony is wonderful for communicating emotions. It works on the subconscious levels to help you release pent up emotions and find inner peace.

BLUE FLUORITE

As with other Fluorite crystals, Blue Fluorite is excellent for mental clarity and organization which in turn translates into clear communication. For some people this crystal also helps with spiritual communication.

BLUE LACE AGATE

Quite possibly the best known crystal for the Throat Chakra, Blue Lace Agate improves communication on all levels (physical, mental, emotional, and spiritual). Its gentle energy balances the Throat Chakra so you communicate to your best ability when you need it.

BLUE QUARTZ

As with all Quartz crystals, Blue Quartz is a strong all-around Throat Chakra crystal. Particularly noted for its use in spiritual communication, it also helps your inner truth and wisdom shine through all of your communications.

CELESTITE

Celestite is a wonderful stone for spiritual communication. Its connection to the upper chakras allows you to give, receive, and understand complex spiritual information more easily.

BLUE KYANITE

The striations on Kyanite crystals represent how Kyanite works really well. It acts as a roadway connecting the Heart, Throat, and Third Eye Chakras so that energy can flow easily between them. An energy conductor, it aligns the chakras and bolsters inner peace and perseverance within the user.

SAPPHIRE

Also considered a crystal for the Third Eye Chakra, Sapphire is wonderful for opening the three upper chakras (Throat, Third Eye, and Crown). In doing so it paves the way for clear and honest communications.



20 | THIRD EYE CHAKRA

Ajna - Third Eye Chakra



"I am tuned into the Divine to follow the path towards my purpose."

PURPOSE: Imagination and intuition

LOCATION: Middle of forehead, between the eyes

COLOR: Indigo

ELEMENT: Light

ESSENTIAL OILS: clary sage, lemongrass

Overactive

- Obsessed with psychic vision
- Paranoid
- Hallucinations
- Tendency to space out
- Difficulty concentrating
- Nightmares

Underactive

- Inability to plan or set goals
- Narrow-minded
- Denial
- Poor vision
- Poor memory
- Difficulty seeing future
- Lack of imagination

Balanced

- Intuitive
- Psychic
- Poptimistic
- Perceptive
- Imaginative
- Watchful
- Aware
- Good memory
- Wise
- Able to plan
- Able to carry out plans
- Sleeps well
- Can recall dreams
- Calm mind

Ajna - Third Eye Chakra

APOPHYLITE

For those with a serious interest in psychic and spiritual work this Apophyllite is a must have. It strengthens the connection between the physical and spiritual allowing you to access clairvoyance, astral travel, even the Akashic Records, with more ease.

COVELITE

Another crystal for spiritual work, Covellite aids your journey for spiritual progress. It opens you up to your higher self, which in turn enables you to further your soul's progress by recognizing past lives, understanding karmic challenges, and integrating shadow work into this life time.

DUMORTIERITE

This crystal is excellent for aligning your conscious thoughts and actions with your higher self's. This connection to your innate wisdom and inner truth supports you, leaving you feeling more confident and patient with the human world and more receptive to the spiritual world.

INDICOLITE

Also known as Blue Tourmaline, this crystal is wonderful for using psychic abilities to better understand the universe. It can help you access past life memories, even your soul plan, with some time, patience, and effort.

IOLITE

Iolite is fantastic for opening up your third eye. Not only does it strengthen the connection to your intuition and inner knowing, but it is a powerful tool for astral travel, shamanic visions, guided meditations, essentially any form of visualization.

LAPIS LAZULI

A very calming stone, Lapis enables you to relax because it harmonizes the bond between the physical, mental, emotional, and spiritual. Its balancing effect on yin/yang energies only emphasizes the soothing effect of acting in agreement with your inner truth.

PIETERSITE

Often confused with Hawk's Eye/Blue Tiger's Eye, this stone processes spiritual concepts into lessons understood on physical and mental levels. A wonderful crystal for recognizing inner guidance and the truth of situations, it is also excellent for all visualization work.

PREHNITE

Typically considered a crystal for the heart chakra, Prehnite can also enhance your intuitive senses. It works best in this sense while you sleep for it integrates intuitive knowledge on a subconscious level. Increased dreams and dream recall are often a byproduct of this type of third eye work.

SAPPHIRE

Sapphire is a wonderful crystal for strengthening intuition and access to inner wisdom. Aside from this connection to spiritual guidance Sapphire is also excellent at balancing emotional upheavals caused by integrating physical, mental, emotional, and spiritual energies.

SODALITE

One of the best stones for mental clarity, Sodalite calms the mind so rational thought and objectivity, not stress or panic, guides all thoughts and actions. As a result of this communication and perception are clearer and more reliable.

TANZANITE

A gentle crystal with strong potential Tanzanite gives users the hope that magic is possible. This usually subconscious effect can produce stronger visualizations and spiritual connections.

23 | CROWN CHAKRA

Sahasrara - Crown Chakra



“I am one
with my
higher self
and one with
the Divine.”

PURPOSE: Connection to our spirituality

LOCATION: Top/center of the head

COLOR: Violet/white

ELEMENT: Thought

ESSENTIAL OILS: francincense, lemon, chamomile, sandalwood

Overactive

- Overly intelligent
- Spiritual addiction
- Overly concerned with humanity
- Confused
- Dissociation from body

Underactive

- Sense of separation
- Sense of isolation
- Trouble trusting the universe
- Lack of belief in a higher power
- Learning difficulties
- Excess in lower chakra

Balanced

- Love and acceptance of the Divine
- Thoughtful
- Aware
- Openminded
- Ability to recognize spiritual guidance
- Ability to receive spiritual guidance
- Sense of oneness
- Ability to transcend physical laws
- Comfortable on earth

Sahasrara - Crown Chakra

AMETHYST

This crystal is probably the best known for aiding the Crown Chakra. It not only opens and purifies this chakra, but protects against the influence of negative energies and enhances spiritual awareness.

CHAROITE

Charoite has a very gentle energy that is excellent for introducing beginners to spiritual work. It is an excellent crystal to use while you are sleeping because it seamlessly releases old energy patterns while integrating higher vibrational energies into your body.

CLEAR QUARTZ

The best all-around crystal, Clear Quartz cleanses your energy body and amplifies all other crystal and healing work you do. Because of its ability to focus and concentrate your thoughts and energies, you can achieve your goals faster with this crystal in your arsenal.

HOWLITE

Although not usually recognized as such, emotions are an important aspect of working with the Crown Chakra. Changes in temperament and strong emotional outbursts can occur when you open yourself to spiritual energies, but Howlite will ease you through any releases or necessary self-expressions during this process.

LEPIDOLITE

Lepidolite is another crystal with gentle vibrations. It does not overtly open the Crown Chakra, but works through the subconscious. As a result, it is wonderful for staying calm, dealing with transitions, and astral traveling.

RUTILATED QUARTZ

The strands inside Rutilated Quartz perfectly represent how this crystal creates channels for spiritual energy to flow through your body. By aligning chakras and balancing the auric field it enables you to access more intuition and spiritual guidance than before.

SELENITE

Well known for clearing toxic energies from the body, Selenite also resonates strongly with the Crown Chakra. By clearing away negative energy it allows higher vibrations to permeate through your chakras and aura.

SUGILITE

This crystal is wonderful for integrating intuition and spiritual guidance into your daily life. It not only opens the Third Eye and Crown Chakras, but encourages lucid dreaming so you become more spiritually aware at all times of the day.

WHITE CALCITE

White Calcite is a soft (energetically and on the hardness) crystal which can clear your mind of noise and clutter. The effects become more apparent the longer you use it. Consequently it is one of the best crystals listed in this article to use for meditation or focusing on a particular task.

26 | FIND OUT MORE

Find Out More



Energy Work is the basis of many alternative healing techniques. Ayurvedic medicine, crystal therapy, Reiki and traditional Chinese medicine all involve energy work. Energy work can also be found in some religious and spiritual beliefs such as Hinduism and Buddhism. It is at the core of Feng Shui and considered an integral part of yoga (Kundalini and Anusara yoga in particular).

Throughout the world, different cultures deal with energy work. The term for energy may differ (Chinese chi, Japanese ki, Greek pneuma, Indian prana, etc.) but wherever you are, the idea remains the same. Energy work is the manipulation of the energy which flows through all living things, also known as life force energy.

For centuries, people have balanced their chakras in order to feel grounded, passionate, confident, loving, expressive, creative and spiritual. Modern humans have just as much or even more stress and chaos interrupting our lives making it easy for chakras to become blocked. You can heal yourself by connecting your body, mind and spirit to your energy. With unblocked chakras and freely flowing energy you can live your healthiest, most joyous life.

Find Out More

About Me

Welcome to Mumbles & Things! I believe that you deserve high-quality, natural, and affordably-priced jewelry that enhances the well being of your body, your mind and your spirit.

Each piece you see in this shop is cleansed and charged with a personalized affirmation so you can look forward to mood enhancing jewelry that raises your personal energy.

My knowledge about crystal energy and astrology goes into each of the items I design and I pass that information onto you with your purchase. I have been making jewelry professionally since 2014, and because of this you can rest assured that your jewelry will meet and exceed your high standards for quality.

Everything listed on my website is 100% handmade by me, Maggie. I collect the best quality materials I can find, string the beads and ship your wearable art directly to your doorstep.

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