

# CHAKRA CRYSTALS BY SILVIA MORDINI

FOUNDER ALCHEMY OF YOGA, HEALER

## Root Chakra

Lodestone, ruby, garnet, smoky quartz, obsidian, onyx, hematite, red jasper, jet stone, bloodstone, red agate

## Sacral Chakra

Carnelian, coral, orange jasper, orange jade, orange zincite, imperial topaz, mookaite, moonstone

## Solar Plexus Chakra

Amber, topaz, citrine, yellow calcite, yellow jasper, tigers eye

## Heart Chakra

Emerald, green & pink tourmaline, aventurine, malachite, rose quartz, rhodonite, jade, peridot, morganite

## Throat Chakra

Turquoise, aquamarine, lapis lazuli, blue topaz, chrysocolla, blue lace agate, larimar, amazonite

## Third Eye Chakra

Lepidolite, labradorite, amethyst, azurite, tanzanite, sodalite

## Crown Chakra

Clear quartz, diamond, white amethyst, charoite, selenite



**What you can learn from me** is "Authenticity and joyful self-confidence in living YOUR dharma." With more than 12,000 hours as a Yoga Teacher, I have been inspiring happiness, global awareness, and joyful living in students for over fifteen years. You'll find my published writings read by thousands all over the world as seen in Mind bodygreen, Mantra Magazine, Huff Post, Do You Yoga, Psychology Today, Gaia, Wanderlust and more. **Most importantly I know it's possible to transform your trauma to dharma and transmute your drama to dreams.**

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