

# Crystals for the Heart Chakra

The Heart Chakra, located in the center of the chest, is the emotional energy center of the body. Emotions are complicated; they are intensely private and personal, yet most of the time they are responses to relationships and circumstances outside of us. The Heart Chakra is a perfect reflection of this. As much as the Heart Chakra tells us about ourselves and our own willingness to open up to the world or hide from it, its energy also lets the people around us know, on an energetic level, how much we are willing to give or receive. The state of your Heart Chakra can inform you of how receptive you are to emotional interactions. Energetically speaking, the Heart Chakra is the bridge between the lower chakras (Base, Sacral, Solar Plexus) and upper chakras (Throat, Third-Eye, Crown). This means it is the balance between our physical and spiritual selves; the human being residing in this world and the spiritual being aware of planes beyond our understanding. The more open your Heart Chakra is, the more capable you are of recognizing the spiritual in everyday circumstances.

[Amazonite](#) - Known as a “feel better stone”, Amazonite 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](#) - Reduces stress and promotes relaxation, but also motivates and encourages decisions to be made from the heart.

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

[Diopase](#) - The positive and uplifting energy of Diopase is wonderful for promoting love and compassion, making it excellent for healing any wounds to the heart.

[Emerald](#) - By opening up the user’s sensitivity, Emerald brings harmony to the emotional heart allowing them to have patience, honesty, and understanding with themselves instead of focusing negative emotions inwards.

[Malachite](#) - One of the most calming Heart Chakra crystals, Malachite is excellent at balancing tumultuous emotions and energies within the Heart Chakra. Known for uplifting spirits, it makes all types of transitions easier.

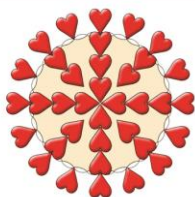
[Peridot](#) - Peridot has a very light and vibrant energy. Known for protecting the Heart Chakra, it also cleanses the heart of negative emotions and brings optimism to the user.

[Rhodochrosite](#) - Rhodochrosite connects you to your inner child. It brings love and compassion for yourself, as well as courage and creativity so you can experience the wonders of the world as children do.

[Rose Quartz](#) - Rose Quartz has some of the gentlest energy; 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 is best at removing emotional blockages from your heart, making it an excellent crystal to help you through any form of grief.

- Rachel Niemczyk



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