



ABANDONMENT (To deal with) rhodochrosite	<i>Heart Chakra</i>
ABDOMEN peach moonstone, topaz	<i>Solar Plexus, Sacral Centre</i>
ABDOMEN (lower) atacamite	<i>Sacral Centre</i>
ABDOMINAL MUSCLES (strengthens) chrysocolla	<i>Sacral Centre</i>
ABDOMINAL PAIN (alleviates) peach moonstone	<i>Sacral Centre</i>
ABORTION/MISCARRIAGE (To assist with recovery) moonstone, apache tears, jade	<i>Sacral Centre</i>
ABRASIONS mookaite	
ABSENT HEALING (assists with) copper, cactus quartz	
ABUNDANCE (to have) citrine, sunstone, pyrite, chrysoprase, lapis lazuli, diopside, jade; cactus quartz, tree moss agate, green aventurine, ammonite, rainbow obsidian, pink tourmaline	<i>Base Chakra</i>
ABUSE (emotional – to heal from) rose quartz, carnelian, lepidolite	
ABUSE (physical – to heal from) carnelian, rose quartz	
ABUSE (protects from) emerald	
ABUSE (sexual – to heal from) carnelian, lepidolite	
ACCEPTANCE (encourages) chrysoprase, rhodochrosite, copper, prehnite, chrysocolla, charoite, agate, blue jade, staurolite	<i>Heart Chakra</i>
ACCEPTANCE (self) lapis lazuli, clear quartz	<i>Heart Chakra</i>
ACHES (alleviates) aragonite, charoite, howlite	