



Crystals + Elements in Applied Healing: Earth

Want the next pdf delivered right to your inbox? [Click here to be added to my mailing list, and receive that plus rituals, crystal healing DIY tips, and more!](#)

Correspondences:

Grounding, physicality, physical embodiment, the body, foundations, health, nourishment, planting (symbolic) seeds, goals, abundance, beginnings + endings, wealth, prosperity, Earth consciousness, growth

Chakra: root

Applied healing:

Overall health + wellness, bones, musculature, skin, teeth, hair, hips knees, legs, feet, family, community, culture, land, nation, environment, provision, abundance, basic needs, survival, fear

Practical healing application:

| Physical | Emotional | Mental | Spiritual |
|--|--|---|---|
| Nutrient + mineral deficiencies, stamina/endurance, overall health, recovery from illness/injury, grounding, business building | Grounding, recovery from shock/panic/trauma, stress, mood swings, overwhelm, fear, maternal/paternal instincts | New projects, lack mentality, grounding, recovery from addiction, overwhelm, anxiety, centeredness, determination | Burnout, new beginnings, endings (in terms of surrender, not transitioning), abundance issues, grounding, psychic defense, intentions + manifestation |

Earth Element Crystals: Wear any of the following crystals daily to receive earth element energy, or sleep with them at night. You can also make a [crystal tonic](#) and take a dropperful 5x daily under the tongue or with a small glass of water. Click on the crystal name for photo + properties.

[Tiger eye](#)
[Red jasper*](#)
[Mookaite jasper*](#)
[Chrysanthemum stone](#)
[Garnet \(almandine\)](#)
[Shiva lingam](#)
[Fuschite](#)

*also contains fire element energy, good for extra vitality