

TCM Crystals Reference Guide

Crystal	TCM Element	TCM Category	Primary Emotional Support	Primary Physical Support
Azurite-Malachite	Wood	Liver/Gallbladder	Stress, frustration, emotional heat	Qi stagnation patterns
Malachite	Wood	Liver/Gallbladder	Anger, emotional toxicity	Toxic heat clearing
Peridot	Wood	Liver/Gallbladder	Irritability, restlessness	Liver heat, digestion
Turquoise	Wood	Liver/Gallbladder	Stress, irritability	Qi flow through chest
Chrysocolla	Wood	Liver/Gallbladder	Emotional volatility	Cooling liver heat
Variscite	Wood	Liver/Gallbladder	Inner turmoil, overwhelm	Liver Qi smoothing
Azurite	Wood	Liver/Gallbladder	Mental overwhelm	Qi stagnation release
Green Aventurine	Wood	Liver/Gallbladder	Mood fluctuations	Liver renewal
Sodalite	Wood	Liver/Gallbladder	Agitation, stress	Qi clarity
Rhodochrosite	Fire	Heart/Shen	Grief, heaviness	Heart energy support
Rose Quartz	Fire	Heart/Shen	Emotional tension, self-love	Heart Qi flow
Rhodonite	Fire	Heart/Shen	Shock, grief	Heart-centered grounding
Kunzite	Fire	Heart/Shen	Anxiety, overwhelm	Yin nourishment
Amethyst	Fire	Heart/Shen	Agitation, restlessness	Heart Fire cooling
Pearl	Fire	Heart/Shen	Overthinking, agitation	Shen calming
Selenite	Metal	Lung/LI	Emotional heaviness	Energetic clearing
Blue Sodalite	Metal	Lung/LI	Chest tension, grief	Breath support
Moonstone	Metal	Lung/LI	Emotional swings	Yin balance
White Jade	Metal	Lung/LI	Boundary clarity	Lung Qi purification
Jet	Metal	Lung/LI	Grief, emotional absorption	Protective grounding
Citrine	Earth	Spleen/Stomach	Worry, self-doubt	Digestive Qi strengthening
Calcite	Earth	Spleen/Stomach	Overthinking	Qi grounding
Calcite Crystals	Earth	Spleen/Stomach	Mental heaviness	Stability support
Tiger Eye	Earth	Spleen/Stomach	Insecurity	Spleen Qi strengthening
Jasper	Earth	Spleen/Stomach	Emotional instability	Grounding
Red Jasper	Earth	Spleen/Stomach	Fear, depletion	Core strengthening
Petrified Wood	Earth	Spleen/Stomach	Worry, impatience	Long-term grounding
Jade	Water	Kidney/Water	Fear, depletion	Essence/Jing support
Black Obsidian	Water	Kidney/Water	Emotional blocks	Deep grounding
Hematite	Water	Kidney/Water	Fear, instability	Blood/grounding
Quartz	Multi-Element	Universal	Stagnation, fogginess	Qi harmonization
Amber	Multi-Element	Universal	Agitation, fear	Spirit protection
Lepidolite	Multi-Element	Universal	Stress, overwhelm	Shen calming

How to Use This TCM Crystal Guide

This guide is designed to help you explore healing crystals through the lens of Traditional Chinese Medicine. Use the chart to identify stones by element, organ system, or emotional pattern. Many people keep this reference nearby during meditation, qigong, journaling, or personal reflection. Let your intuition guide which stones resonate with your energy at different times.

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