

Symptom-Based Healing Stone Chart

Stones often support more than one pattern. Use this chart as orientation, not prescription.

Symptom	Stones
Agitation, Irritability, Emotional Reactivity	Alexandrite Azurite Azurite-Malachite Garnet Ruby Turquoise Chrysoberyl Cat's Eye
Anxiety, Nervous System Tension, Emotional Sensitivity	Amethyst Angelite Lepidolite Pearl Rose Quartz Blue Chalcedony Moonstone Opal
Burnout, Emotional Depletion, Yin Deficiency	Alexandrite Moonstone Opal Pearl Topaz Kunzite Seraphinite
Chest Tightness, Heart Guarding, Emotional Protection	Amber Kunzite Pearl Rose Quartz Rhodochrosite Rhodonite
Confusion, Mental Fog, Difficulty Focusing	Fluorite Labradorite Lapis Lazuli Sodalite Blue Sodalite Tanzanite Quartz



Symptom	Stones
Digestive Discomfort Related To Stress Or Worry	Calcite Citrine Dolomite Green Aventurine Topaz Peridot
Difficulty Settling, Sleep Disruption	Amethyst Angelite Lepidolite Moonstone Selenite Blue Chalcedony
Emotional Heaviness, Grief, Sadness	Jet Rhodonite Pearl Rose Quartz Kunzite
Feeling Ungrounded, Scattered, Not Fully Present	Black Tourmaline Hematite Petrified Wood Red Jasper Tiger Eye Jasper
Fatigue After Stress, Illness, Or Overexertion	Alexandrite Petrified Wood Quartz Peridot Ruby
Head Pressure, Eye Strain, Overthinking	Azurite Fluorite Lapis Lazuli Sodalite Tanzanite
Hormonal Fluctuation, Cyclical Sensitivity	Moonstone Pearl Rhodochrosite Kunzite Seraphinite
Inflammatory Sensations, Heat, Anger Held In The Body	Azurite-Malachite Malachite Garnet Ruby Chrysocolla



Symptom	Stones
Low Confidence, Weak Boundaries, Loss Of Direction	Pyrite Tiger Eye Garnet Ruby Jade
Overwhelm From Stimulation Or Multitasking	Labradorite Angelite Blue Chalcedony Selenite Variscite
Persistent Worry, Rumination	Calcite Blue Aventurine Lepidolite Sodalite
Shock, Emotional Shutdown, Numbness	Angelite Jet Pearl Desert Rose Gypsum
Stress Held In The Body, Muscular Tension	Black Obsidian Hematite Malachite Red Jasper Tourmaline
Tension Rising Upward, Pressure That Won't Settle	Azurite Tanzanite Chrysoberyl Cat's Eye
Weak Vitality, Low Drive	Garnet Ruby Red Jasper Tiger Eye Pyrite

